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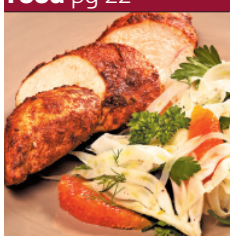

A tasty treat for Mother's Day

Celebrity Buzz pg 26

Aniston steps up fitness for film

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Hospital gets brief reprieve

Private centre facing bankruptcy staying open for now under interim receiver

One week has been given for an interim receiver at a Calgary private hospital before the matter heads back to court, after a decision made yesterday.

Lawyer Josef Kruger asked a Court of Queen's Bench judge to appoint PricewaterhouseCoopers Inc. as the interim receiver for the Health Resource Centre, which performs about 1,000 publicly funded hip, knee, foot and ankle surgeries a year.

Queen's Bench Justice Barbara Romaine eventually granted the AHS request but only in a limited way. She appointed PricewaterhouseCoopers the interim receiver for one week. The matter will return to court May 11.

"This is an unusual case. This is a great public concern," she said.

An ongoing legal dispute between Networc Health Inc., which owns the Calgary-based centre, and creditor Cambrian Group of Companies has the facility on the verge of shutting down.

"There is real urgency here," Kruger said. "We need to calm fears from the public that they will not have access to this facility and that they will not have longer wait times."

Alberta Health Services wants the interim receiver to be in place and bankruptcy proceedings stayed for 10 months to give the health system a chance to prepare for an additional 1,000 patients a year.

But Michael Smith, the lawyer for Cambrian, questioned whether Alberta Health Services should even have legal standing to request an interim receiver.

"I know of no case in Canada where the customer applies for a receiver to be appointed in a bankruptcy so that the bankrupt can continue to supply services to the customer at rates that are driving the supplier bankrupt. That's unprecedented," Smith said.

THE CANADIAN PRESS

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PHOTO COURTESY CHINOOK MALL

A mother goose tends to her brood of goslings at Chinook Centre in a recent photograph by one of the mall's staff. Since then, the parents of the five baby geese have abandoned their young — but the goslings were rescued yesterday by a wildlife team.

Abandoned goslings rescued from Chinook Centre

WILDLIFE Five young goslings were rescued yesterday from Chinook Centre after their parents apparently abandoned the brood.

Chinook Centre retail manager Paige O'Neill said the fowl are a familiar couple, but leaving their babies is a first.

"They come every year for the last four or five years now and (the same couple of geese) often switch locations, but this was the first year that the babies were abandoned," said O'Neill.

The mother goose had nested in an earthenware plant pot on the above-ground terrace outside the main food court area at the mall, not accessible to the public.

At about 10:30 a.m., Karen Sandeman of the Canadian Wildlife Rehabilitation Society arrived at the mall and transported the gosling quintet to the Elbow River, where they were immediately taken in by another female goose.

SHELBY BORYS/FOR METRO CALGARY

N.Y. bomb suspect in custody: Official

CRIME A law-enforcement official says a suspect has been taken into custody in the failed Times Square car bomb attack.

The official spoke to The Associated Press early today on the condition of anonymity because of the sensitivity of the investigation.

Two officials said yesterday that authorities had previously identified a Pakistani man as the buyer of the sport utility vehicle used in the attempted bombing.

They added the man is a Connecticut resident who paid cash weeks ago for the SUV.

The car's last registered owner was questioned Sunday by investigators, and said he sold the 1993 Nissan Pathfinder to a man he did not know three weeks ago, one official said.

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Local

Digging the derby

You may not see any thoroughbreds in this derby — but you're sure to see a lot of fun and great action. Calgarians seem to have embraced the Calgary Roller Derby Association's new season, as tickets sold out within minutes of their last bout. Anyone interested can catch the Cut Throat Car Hops square off against the B52 Bellas at Triwood arena. Doors open at 6 p.m.
METRO CALGARY

News in brief

SLEEP Cancer patients suffering from insomnia are a part of new research being done at the University of Calgary. Patients in the I-CAN sleep program, through a process of diary entries on sleep patterns, sleep monitoring and learning relaxation have been showing progress in getting a good nights sleep, according to researchers.

CHARGES Police have charged 20-year-old Clinton Roy Green of the Samson Cree Nation after a shooting incident Friday. The 22-year-old victim was inside a home when she was struck by a bullet and was taken to hospital with life-threatening injuries. She is now listed in stable condition.

STORM By now Calgarians are surveying the damage after another spring snowstorm swept through the area overnight. Environment Canada issued a winter snowstorm warning, with five to 15 centimetres of snow expected overnight last night, with winds up to 90 km/h.
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@thefictionalist Dear weather: what the hell???!!!! Another winter storm warning for #yyc? What did Calgary do to you?
@kaimcn Bus stop 5701 in #yyc is the friendliest. Last wk I met a nice Texan there, today a guy told me I have beautiful eyes.
@Kent_Wilson The rain is falling sideways in Calgary.
@Diegirl I know all my #yyc friends will love this, but GO #Canucks GO!!!! :op

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Road work ahead, expect delays

Work begins as crews overhaul part of Deerfoot Trail's Ogden bridge

DARREN KRAUSE
darren.krause@metronews.ca

Summer's almost here — and in Calgary that means one thing: Road construction.

One major project that started yesterday is the bridge deck replacement on southbound Deerfoot Trail at the Ogden bridge, according to Alberta Transportation's Trent Bancarz.

"We get winter about half the year — you can only do this work maybe May to October," said Bancarz.

METRO CALGARY FILE PHOTO

Commuters need to prepare for southbound delays on the Deerfoot over the Ogden bridge this summer.

Jackhammers will be tearing up the entire surface, right to the bridge girders, and an entire new concrete platform will be poured in the $2.1-million project. Regular maintenance work for a bridge of this sort, Bancarz said.

"Bridge decks only last so long, and that bridge is probably upwards of 35 or 40 years old now."

"It's kind of like the shingles on a house. After a while you just gotta replace them."

More than 130,000 cars per day roll along this stretch of Deerfoot, according to Bancarz, and he said a combination of high volume and age of the structures warrants this type of major refurbishment.

Bancarz said a completed ring road, and parallel road improvements, will take some of the pressure off of Deerfoot Trail, bringing it back down to the 100,000 cars a day it was designed to handle.

"With those things, we're certainly hoping Deerfoot will get some relief," said Bancarz.

So, Calgarians need to brace for another summer of driving delays.

"You get this with any kind of construction — you're going to have disruptions and delays," said Bancarz.

"There's no way to totally avoid that kind of thing."

Construction is slated to last until Sept. 30. Motorists are encouraged to obey speed limits and watch for flag people.

Police probing possible NW murder

JESSICA PICHE
for Metro Calgary

SHOOTING Investigators are looking for clues in a northwest neighbourhood after a man was reportedly shot and killed in the front entrance of his home, in what police believe is a targeted attack.

Police were called to an Edgeridge Green NW home after gunshots were reported around 1:30 a.m. yesterday. The body of the middle-aged man lay dead at the front entrance.

Police are saying it's likely the victim gave the suspect access to the home.

Neighbour Hend Hammounda woke to the sound of a gunshot and immediately after, she heard a car screeching away.

"Someone wanted to get out of there fast," she said.

Hammounda has lived in Edgemont for seven years, and says it's not as peaceful as it used to be.

"But nothing to this extent has ever happened," she said

A neighbour who asked not to be named says the street often has cars racing the streets.

Acting Insp. Darren Cave says that it is unsure at this time whether the crime is gang related, and cannot confirm the murder weapon.

"It is a quiet neighbourhood, but as we all know, there is no area in this city or any other that is immune to such activity," said Cave.

Family members, including children under 18, were home at the time say police. They are currently being cared for by their extended family and are co-operating with police.

There are no suspects at this time. This could be Calgary's seventh murder this year.

SHELBY BORYS/FOR METRO CALGARY

Police forensic teams collected evidence at a northwest home after a man was found dead in the front entrance.

City considers offering lifetime licensing for pets

DARREN KRAUSE
darren.krause@metronews.ca

BYLAW Owning a pet is often a lifetime commitment; now city bylaw services want to make licensing a part of that pledge.

Animal and bylaw services director Bill Bruce said his department is exploring lifetime licensing as a means to cut costs and streamline the process for the city and for owners.

Bruce said a common reason for pet owners not renewing licences is simply forgetting.

"So if we figured out a way to give that licence for life, we would eliminate all those (renewal) costs, which would put more dollars directed towards animals in the community. And also it would provide some convenience and some savings for licence holders," he said.

The licence would be available for dogs under 12 months, and an adjusted rate for dogs under five. Bruce expects the cost to be at a discount to the current $31 annual fee for canines.

Although her eight-year-old Maremma Sheepdog, Shep, wouldn't qualify, dog owner Angela MacIsaac believes it's a great idea, especially if she were to get a future pet.

"I tend to forget my renewal and then I end up getting a call from the city," said MacIsaac.

"This is extra insurance that your dog is licensed and safe in case it gets lost or wanders off."

Books aim to help kids bounce back

EDUCATION Health officials are hoping the third instalment in a series of books will help provide coping skills for kids aged five to nine.

The Bounce Back Book: Building Resiliency Skills in the Early School Years will be released this week, which is also Mental Health Week.

"Resilience starts in infancy and is developed during childhood," says Dr. Joanne Baxter, early childhood development expert and chair of the Department of Child and Youth Studies at Calgary's Mount Royal University.

"The Bounce Back books provide advice on preparing children to feel competent in dealing with life's challenges ... and setbacks."

The 52-page book was designed to be a resource for parents, caregivers and teachers and focuses on a time when kids are spending more time away from their homes and families.
METRO CALGARY

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WHAT'S ONLINE TODAY

Video Slain Canadian reporter Michelle Lang honoured as newsrooms fall silent for World Press Freedom Day at **metronews.ca/canada**

Witnesses sought in Airdrie school parking lot incident

Airdrie RCMP are looking for information after a school crossing guard was struck in the parking lot of Our Lady Queen of Peace School in Airdrie on April 27. A 12-year-old girl sustained minor injuries to one of her legs in the incident. Witnesses should call 403-945-7200 with information. METRO CALGARY

Lt.-Gov. to be installed May 11

EDMONTON Col. (Retired) Donald S. Ethell will be installed as the 17th lieutenant-governor of Alberta on May 11 at the Alberta legislature building in Edmonton.

Ethell is a retired member of the Canadian army and veteran of 14 international peacekeeping missions. He is one of Canada's most decorated peacekeepers and the recipient of numerous honours.

METRO CALGARY

W.O. Mitchell book finalists named

SHORT LIST The City of Calgary, the Writers Guild of Alberta and Uptown 17 Business Revitalization Zone are pleased to announce the short list of authors for the City of Calgary W.O. Mitchell Book Prize.

The three finalists include Gordon Pengilly for Metastasis and Other Plays (NeWest Press), Carolyn Pogue for Gwen (Sumach Press) and Bob Stallworthy for Things That Matter Now (Frontenac House).

METRO CALGARY

Students ready for disasters

Children help kick off Emergency Preparedness Week

JESSICA PICHE
for Metro Calgary

Muffins should not be included in a 72-hour emergency kit, say elementary students during an Emergency Preparedness Week kick-off event yesterday morning.

More than 1,000 students and staff from adjacent elementary schools St. Maria Goretti and Hawkwood were joined by emergency services personnel.

Grade 5 students were challenged to put together their own 72-hour emergency kit. The top kits were chosen to be presented during the event.

Hawkwood Elementary students Evan Wheeler, 10, and Blair Jensen, 11, partnered up to create their kit.

"It was really cheesy at first," said Wheeler. "But then we got into it. We went to a safety expo and learned all about plans and went from there."

Grade 5 Hawkwood Elementary student Lily Heshmati, 10, hoped muffins could be a part of her family's kit.

"But we had to take them out because we learned they would rot," she said.

Preparing children for possible disaster situations does not mean scaring them, said St. Maria Goretti principal David Gustavson. The students practise monthly fire drills and two lockdown drills a year.

"They know what to expect, so they respond really well," he said.

Sixteen thousand copies of the Household Emergency Action Plan booklet will be distributed to all students and staff in the public and separate systems by the beginning of May.

JESSICA PICHE/FOR METRO CALGARY

Jackson Brown, 2, checks out a fire truck during the Emergency Preparedness Week kickoff event yesterday at two Calgary schools.

Lobbyist on health panel committee resigns

HEALTH CARE The Alberta government says it was aware it was hiring a lobbyist from a U.S. pharmacy giant to sit on a health-care advisory panel.

Legislature member Fred Horne, who heads up the committee, said Patricia Bayne had resigned from the panel, three days after the opposition NDP publicized the fact she was also a registered lobbyist for Eli Lily.

Horne said he accepted Bayne's resignation "with regret."

Horne said Bayne's expertise made her invaluable. Her position as a lobbyist did not skew her work or the committee's findings, Horne said.

NDP Leader Brian Mason alleges the government covertly snuck Bayne onto the committee and kept her background quiet so it could further its agenda of health-care privatization, but Horne said that's simply not true.

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Feds resurrect white-collar-crime bill

The federal Conservative government is resurrecting a bill to combat white-collar crime with tougher sentences for fraud. The bill would require sentences of at least two years for fraud over $1 million. THE CANADIAN PRESS

Canada

Journalist wins posthumous award

Michelle Lang, a reporter who was killed on the job in Afghanistan, has been named this year's winner of the Canadian World Press Freedom Award. The Canadian Committee for World Press Freedom named Lang, who worked for the Calgary Herald, as the recipient at its annual luncheon Sunday. Lang and four Canadian soldiers were killed last Dec. 30, when the armoured vehicle they were in struck a roadside bomb. THE CANADIAN PRESS

A group decision

Inquiry told top officials hand-picked Afghan docs

A small but powerful group of senior public servants chose which Afghanistan detainee documents to turn over to a military watchdog, an inquiry has heard.

But it took nearly an hour of questioning yesterday before the Military Police Complaints Commission learned who decided to withhold reams of paper on prisoner transfers.

Foreign Affairs' top bureaucrat eventually told the commission that the heads of several departments met about the documents.

"There wasn't a name," deputy minister Len Edwards said. "This was a collective decision that was taken among senior officials on the basis of advice of counsel. It was a collective decision, it was a consensual decision.

> **"This was a collective decision that was taken among senior officials."**
> Len Edwards

"No one individual took the decision."

Those senior officials came from Foreign Affairs, National Defence, CIDA and Public Safety.

Also at the meetings were Justice Department lawyers and the clerk of the Privy Council, the bureaucratic arm of the Prime Minister's Office.

That deputy minister-level group, as it was called, was formed after Parliament voted to extend the Afghan mission for two more years in the spring of 2008.

Before that, a group of assistant deputy ministers from Foreign Affairs, National Defence and other departments made those decisions.

Lawyers for the Military Police Complaints Commission and two civil-rights groups tried yesterday to get to the bottom of a paper jam that threatens to stall the inquiry. THE CANADIAN PRESS

Ottawa **Putting her stamp on it**

TIM KWEE-CLAWSKI/FOR METRO CANADA

Chief Petty Officer 2nd Class Cheryl Bush helps unveil two stamps commemorating the Canadian Navy's centennial yesterday at the Canadian War Museum. Bush appears on one of the stamps that depicts the HMCS Halifax.

Ottawa launches big spending review

ECONOMY The Harper government has launched a review that it says will save $1.7 billion this year and subsequent years as part of a cost-cutting offensive announced in the March budget.

Treasury Board President Stockwell Day says the government will review $35 billion in federal spending by 13 departments and agencies in order to trim five per cent of operational spending. THE CANADIAN PRESS

News in brief

B.C. British Columbia's energy minister says the catastrophic oil spill in the Gulf of Mexico hasn't changed his government's position on oil-and-gas exploration off the B.C. coast. He says he'll review any findings about the spill and then decide B.C.'s position. THE CANADIAN PRESS

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Guergis's riding tells Tory HQ to back off

Party heads rushing to replace former cabinet minister?

Conservatives in Helena Guergis's riding are accusing their own party brass of heavyhanded tactics in trying to parachute a star candidate in to replace the former cabinet minister.

The would-be candidate is well-known Conservative activist Kellie Leitch, an orthopedic surgeon at the Hospital for Sick Children in Toronto and director of the Health Sector MBA program at the University of Western Ontario's Richard Ivey School of Business.

In a lengthy letter to Prime Minister Stephen Harper, obtained by The Canadian Press, the Conservative electoral district association (EDA) in Simcoe-Grey complains of repeated interference, obstruction and gag orders by Conservative headquarters.

"We don't want to lose this seat in the next election. But head office personnel have deliberately interfered with, obstructed and circumvented our autonomy as an association, and our right to freely express our opinions," the executive members write.

The association has been floating in "no man's land" since Harper removed Guergis from caucus last month citing unspecified allegations brought to the party's attention by a private investigator.

The association complains about one Conservative official in particular, Colin McSweeney, who they say has been trying to sow divisions within their ranks.

THE CANADIAN PRESS

Lobby reform

- The Liberals were planning to introduce a motion in the Commons today that would require lobbyists to disclose when they meet with parliamentary secretaries. The move comes in response to the recent controversy surrounding former Conservative MP Rahim Jaffer.

News in brief

OPIOIDS A rise in prescriptions for opioids like OxyContin has spurred a group of Canadian doctors to develop new guidelines to cut back on growing misuse of the drugs. Consumption of prescription opioids in Canada jumped 50 per cent between 2000 and 2004. The guidelines are meant to give doctors the tools to prescribe opioids safely for patients with chronic non-cancer pain who need them. But it is also aimed at helping physicians to better identify patients who might abuse the drugs.

THE CANADIAN PRESS

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Tiger still adorns a few Gatorade bottles ... sort of

A Colorado man who replaced labels on dozens of Gatorade bottles with an image of Tiger Woods and his wife and the word "unfaithful" has been sentenced to two years of probation and fined $1,000 US. THE ASSOCIATED PRESS

World

Putin, Jintao head list of 'predators'

Media advocacy group Reporters Without Borders yesterday put Russian Prime Minister Vladimir Putin and Chinese President Hu Jintao on its annual list of press freedom "predators." The group says its list is made up of "40 politicians, government officials, religious leaders, militias and criminal organizations that cannot stand the press, treat it as an enemy and directly attack journalists.

THE ASSOCIATED PRESS

BP to grab tab on oil spill cleanup

Company takes responsibility for response to leak

BP PLC gave some assurance yesterday to shrimpers, oil workers and scores of others that they will be paid for damage and injuries from the explosion of a drilling rig and the resulting massive oil spill in the Gulf.

A fact sheet on the company website says BP takes responsibility for cleaning up the spill and will pay compensation for "legitimate and objectively verifiable" claims for property damage, personal injury and commercial losses.

President Barack Obama and several attorneys general have asked the company to explain what exactly that means.

Dana Powell, manager of the Paradise Inn in Pensacola Beach, Fla., fears what will happen to the Gulf Coast's staple industries such as tourism and commercial fishing.

"Now when there's a hurricane, we know it's going to level things, devastate things, be a huge mess and it's going to take several years to clean up," she said.

"But this? It's going to kill the wildlife, it's going to kill lifestyles — the shrimpers, the fishermen, tourism. Who's going to come to an oil-covered beach?"

In the Chandeleur Sound yesterday, about 64 kilometres northeast of Venice, thick, heavy oil was slicked in long clumps that looked like raw sewage. Several sick and dying jellyfish could be seen in the water.

A dolphin surfaced nearby but did not appear to be in distress.

Besides the immediate impact on Gulf industries, shipping along the Mississippi River could soon be limited because the slick was precariously close to a key shipping lane.

THE ASSOCIATED PRESS

Pointing fingers

- BP chief executive Tony Hayward said on ABC's Good Morning American yesterday that the equipment that failed on the rig belonged to owner Transocean Ltd., not BP, which operated the rig.

Indonesia **Grounded in faith**

IRWIN FEDRIANSYAH/THE ASSOCIATED PRESS

Mud-covered dancers perform during the opening ceremony of a Qur'an recital festival yesterday on the outskirts of Jakarta, Indonesia. The recital is intended to help followers of the faith with the meaning of the Qur'an and the importance of the holy month of Ramadan.

Pakistani Taliban promise U.S. attacks

THREAT The Pakistani Taliban promise future attacks on major U.S. cities and appear to claim responsibility for an attempted car bombing in New York in three separate videos that surfaced after the weekend scare, monitoring groups said yesterday.

U.S. authorities have played down the potential connection between the Pakistani militant network and the car bomb attempt in New York's Times Square, saying the group does not have the global infrastructure to carry out such a strike.

However, the Pakistani Taliban is allied with militant networks such as al-Qaida, which could aid in expanding its reach.

Two of the videos feature Pakistani Taliban chief Hakimullah Mehsud, providing the strongest evidence yet that he survived a U.S. missile strike in January.

Police in New York found the potentially powerful car bomb on Saturday. It had apparently began to detonate, but did not explode in a smoking sport utility vehicle. The vehicle contained three propane tanks, fireworks, two filled five-gallon gasoline containers, officials said. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/INTELCENTER

This image from a video released by the Pakistani Taliban and provided by a private contractor working for intelligence agencies, shows Pakistani Taliban chief Hakimullah Mehsud.

South Korean B-boys fake illnesses to avoid military

ASIA Nine South Korean break dancers were arrested for pretending to have schizophrenia and other mental illnesses in order to escape compulsory military service, Seoul police said yesterday.

Seoul Metropolitan Police Agency arrested the nine — members of the crew T.I.P. — short for Team work Is Perfect — after receiving an anonymous tip that the dancers faked symptoms of mental illness to avoid South Korea's two-year mandatory military service, case officer Lee Jin-hak said.

South Korea requires all able-bodied men who are aged 18 to 35 to serve at least two years in the military.

The suspects, whose names were not disclosed, thoroughly studied symptoms of schizophrenia, insanity, and depression in medical textbooks and the Internet, enough to deceive their parents and psychiatrists, Lee said.

THE ASSOCIATED PRESS

B-boy stats

- T.I.P. was established in 1996 as South Korea's first break dancing crew. It has won many break dance competitions and awards, including the 2007 U.K. B-boy Championships, viewed as one of the world's five major break dancing contests. The crew has 17 members.

Journalists increasingly targeted: Panel

MEDIA The changing nature of warfare and the media has put reporters' lives more at risk than ever, journalists said yesterday at a panel discussion sponsored by Reporters Without Borders.

So far, 13 journalists have been killed this year, according to the Paris-based group. This comes on the heels of the deadliest year ever for journalists, with 76 killed in 2009 — 30 of them in a single incident, covering an election on Mindanao Island in the Philippines.

"It's easier than ever to be a journalist, and it's easier than ever to get killed as a journalist," said reporter David Rohde.

THE ASSOCIATED PRESS

News in brief

SETTLEMENT Wal-Mart Stores Inc. has agreed to pay $27.6 million US to settle allegations that it improperly handled and dumped hazardous waste at stores across California in a case that led to changes in the retailer's practices nationwide, prosecutors said yesterday. The settlement ends a five-year investigation involving more than 20 prosecutors and 32 environmental agencies that found violations at 236 of Wal-Mart's stores and distribution centres across California, including Sam's Club warehouse stores, said San Diego County District Attorney Bonnie Dumanis. Wal-Mart was accused of improperly disposing of pesticide, fertilizer, paint, aerosols and other chemicals.

U.N. Iranian President Mahmoud Ahmadinejad brought his nuclear showdown with Western powers to New York yesterday, turning a UN treaty conference into a stage for the long-running confrontation over Iran's uranium enrichment program. UN Secretary-General Ban Ki-moon, opening the month-long review of the Nuclear Nonproliferation Treaty, directly challenged Tehran. "The onus is on Iran to clarify the doubts and concerns about its program," the UN chief told the delegates from 189 nations. He called on the Tehran government "to fully comply with Security Council resolutions" demanding that it halt enrichment.

THE ASSOCIATED PRESS

Mum's the word: Chinese tight-lipped as Kim Jong Il reportedly visiting China.

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Comment

Deal may turn the page

NationalReport
Lawrence Martin

metronews.ca/nationalreport

It's barely been in the news, but one of the biggest political stories in a long time will likely happen this week. More than half the major newspapers in the country belonging to the Canwest chain are being sold off.

The winning bidder will gain enormous power — the capacity to shape national discussion. The bidding process has been kept so quiet that little is known about the major candidates for the big prize. But parties representing the right, the centre and the centre-left are apparently in the running.

The newspapers, including the National Post, have been under conservative direction since the late 1990s and have been of major benefit to that cause. Before that, when the Southam family owned many of the titles, it was of significant benefit to the other side.

Never mind the Jaffer affair, never mind the Afghan detainees controversy. If the conservatives lose these jewels, which also include major papers in Vancouver, Edmonton, Calgary, Ottawa and Montreal, it would be a bigger blow to Stephen Harper than either.

The reason there has been such little discussion about the sell-off is that media don't do an adequate job of covering media. The old cliché about nobody watching the watchdog applies. In this case, there's a good reason. Since many of the bidders already own large swaths of media, there's too much self-interest for the reporting to be seen as being objective.

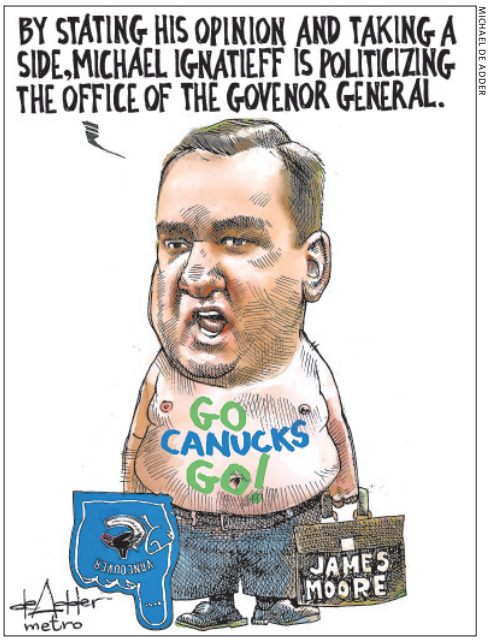
There is also, regrettably, no discussion about the issue of concentration of media ownership. This is the ideal time to debate the problem, but there has been none. The papers, apparently, are going to be sold in one big block, meaning the monopoly situation will continue and perhaps worsen.

Media concentration in Canada is among the highest in any Western country. In the mainstream media, a small number of players control what we read, see and hear. If you're thinking too much power in too few hands, you are on the mark.

Several studies over the years, the last being a Senate report in 2006, have all warned of the dangers of concentration but hardly anything has been done. No government has had the courage to act.

Fortunately, the rise of non-traditional media is dinting the domination of the big mainstream players. But it's still a lamentable situation when one family or small group, no matter what side of the political spectrum they represent, can control most of the major newspapers in this country.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Developing a detailed sex ed program

InStep
Christine Williams

The decision by Ontario Premier Dalton McGuinty to postpone the implementation of a sex education curriculum was a wise one, even in the face of exasperated educators, social workers and public health professionals.

The curriculum was denounced by conservative lobbies and religious groups that accused Ontario of promoting a homosexual agenda to children. Even secular parents expressed concern about explicit, age inappropriate subject matter for children. It's a pity the central issue got lost in the fray: The need for a comprehensive sex education curriculum with public consultation.

Educators have long complained about a dichotomy that exists between them and parents. A key player in this controversy has been Elizabeth Schroeder, executive director of an organization called Answer, based at Rutgers University. Answer promotes sexuality education. In reference to McGuinty's decision, Shroeder diminishes her cause by audaciously stating that educators need to "stick our feet in the ground" and say "we are the educational experts. We certainly don't have parents deciding how to teach math." Such an attitude does little more than fan flames.

Youngsters are experimenting with raging hormones, a desire to explore, a desire for sexual approval and acceptance. It is illogical to steer clear of a comprehensive sex education curriculum in elementary schools given the reality of teen pregnancies and the risk of contracting an STD. But we need to convey the message in a way that educates parents as well as their children.

Many parents are oblivious about their children's sexual behaviour, which, according to many professionals I have interviewed, even takes place in washrooms in between classes. Sorry to break the news, but statistically this also includes children from religiously conservative families who have been bitten by the sexualized culture bug.

There needs to be a clearly articulated road map as to how this curriculum is taught: One that will not leave room for questions about agendas. The city of Hamilton, Ont., — with a disproportionately high rate of STDs among youth — implemented a sex ed program six years ago that caused no controversy. It was called the I'm Worth The Wait campaign, focusing on self-esteem issues, peer pressure and making appropriate choices. The program principally encouraged youth to speak with and engage input from trusted adults when it comes to questions about sex. Bravo.

Educators in every province could learn from this as we collectively bear the responsibility for educating our youth in an area that could and does impact their entire lives.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Homelessness has affected 1 in 9 Canadians: Survey

About one in nine Canadian adults has experienced homelessness or come close to it at some point, a survey done for the Salvation Army suggests.

Respondents in Saskatchewan and Manitoba reported the highest rate, with one in five saying they had been homeless or close to it.

The questionnaire asked, "Have you experienced or come close to experiencing homelessness?" But it did not elaborate for respondents what constituted coming close to homelessness.

The Salvation Army said it saw demand for general social services spike by more than 25 per cent during the economic downturn in 2009, and it helped more than one million people with food, clothing and other assistance.

It cited a finding in Ottawa that shelter bed occupancy rates in the city were up by more than nine per cent in 2009.

A Senate subcommittee report on cities released in December acknowledged that homelessness is hard to measure. But it said witness after witness reported increases in demand for shelters and food banks, even among people with jobs. THE CANADIAN PRESS

Quote of the Day

"I think it's extremely important that the people of the world know when other people in the world are suffering under war, under oppressive governments, in natural disasters."

– ETHAN BARON, SPEAKING YESTERDAY IN KANDAHAR, AFGHANISTAN, AS JOURNALISTS AND SOLDIERS ALIKE PAUSED FOR A MOMENT OF SILENCE TO MARK WORLD PRESS FREEDOM DAY BY HONOURING CANADIAN WAR CORRESPONDENT MICHELLE LANG, WHO DIED LAST YEAR WHILE COVERING THE CONFLICT IN AFGHANISTAN. THE CANADIAN PRESS

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Nintendo spices up Wii package

Nintendo Co. is trying to expand U.S. sales of the Wii by throwing in an extra game and its MotionPlus accessory for making the console's signature motion-sensing wand more precise. The company is also offering a black version of the system as an alternative to the game system's white casing. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

'One million iPads in 28 days'

GADGET Apple Inc. said yesterday that it has sold one million of its iPad tablet computers in the month after its launch, meaning it's been selling more than twice as fast as the iPhone did when it was new.

Apple said it reached the milestone on Friday, when the new 3G model of the iPad was delivered to its first buyers. That model can access AT&T's cellular broadband network in the U.S.

"One million iPads in 28 days — that's less than half of the 74 days it took to achieve this milestone with iPhone," said CEO Steve Jobs.

In Canada the iPad will be available at the end of May.

THE ASSOCIATED PRESS

After Google spat, China's next Internet crackdown targets 'hostile overseas forces.'
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Flight World's largest airline

JULIO CORTEZ/THE ASSOCIATED PRESS

Continental Airlines and United Airlines have agreed to form the world's largest airline in a $3-billion all-stock deal as their industry consolidates under competitive and economic pressures that make profitability elusive.

Shaw doles out $2B for Global

Shaw Communications is taking over Canwest's Global television network and a stack of popular cable channels, a move Canada's largest cable operator says will put it on the cutting edge of TV in the digital age.

Shaw CEO Jim Shaw

The $2-billion deal all comes down to content — popular programs like Global's House, Glee and Showcase's Trailer Park Boys — and Shaw's ability to sell it on the Internet, through mobile devices and via video-on-demand.

Shaw will get 11 local Global TV stations across Canada and a group of specialty channels, including Showcase, MovieTime and HGTV, some of which were acquired from Alliance Atlantis in 2007.

It also gets the broadcast rights to a variety of Canadian TV shows, as well as valuable agreements with U.S. networks.

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Canwest headquarters in Winnipeg.

Torstar bids for Canwest newspapers

MEDIA The owner of the Toronto Star says it has entered its bid for the newspaper assets of Canwest, the media giant that has been restructuring under protection from creditors.

Torstar Corp. says it submitted a formal offer on Friday, putting to rest speculation that the publisher of Canada's biggest newspaper was having trouble lining up its financing.

Reports last week suggested that deep-pocketed investment management firm Fairfax Financial, a key shareholder of Torstar, might not be on board with the bid as a financial backer.

But Torstar says it and Fairfax have gone ahead with the offer, and although no financial terms have been disclosed, the banks who effectively own Canwest have set a floor price of $950 million.

THE CANADIAN PRESS

In brief

SPENDING U.S. consumer spending rose in March by the largest amount in five months but the gains were financed out of savings.

THE ASSOCIATED PRESS

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Weekend Program (Spring Only)	$139	$163	$20/day

Two consecutive 5-hour lessons
Dates & Times: Saturday **and** Sunday • 11:00 a.m. - 4:00 p.m. • May 29/30 **or** June 26/27

Big Grom – Learn to Freeride • Ages 12 to 14, all abilities

Step it up! Big Grom Freeride sessions will challenge riders in aspects of freeride mountain biking including downhill riding and skill development for single-track trails, dirt jumps and stunt riding.

	Passholder	Non-Passholder	Rental
3-Week Program	$ 99	$ 147	$25/day

Three consecutive 2-hour lessons
Dates & Times: Saturdays • 10:00 a.m. - 12:00 p.m. • June 5/12/19 **or** September 11/18/25
NEW Sundays • 1:00 p.m. - 3:00 p.m. • June 6/13/20 **or** September 12/19/26

	Passholder	Non-Passholder	Rental
Weekend Program (Spring Only)	$159	$ 191	$25/day

Two consecutive 5-hour lessons
Dates & Times: Saturday **and** Sunday • 11:00 a.m. - 4:00 p.m. • May 29/30 **or** June 26/27

The Freeriders • Ages 15 to 16, intermediate to advanced bikers

The Freeriders is a two day a week program for bikers looking to push their riding skills to the next level, learn new tricks and ride faster. Our senior instructors will develop your biking skills to help you master the entire bike park.

	Passholder	Non-Passholder	Rental
3-Week Program	$239	$335	$25/day

Six consecutive 2-hour lessons
Dates & Times: Wednesdays • 6:00 p.m. - 8:00 p.m. **and** Saturdays • 10:00 a.m. - 12:00 p.m.
June 2/5/9/12/16/19 **or** September 8/11/15/18/22/25

Women's Only Sessions • Ages 15 and up, all abilities

Develop or refine your freeride mountain bike skills in a fun, challenging and safe environment. Participants are exposed to a range of terrain including stunt riding, jumps, single-track and downhill. Weekend program participants will kick off their adventure with a product knowledge session at Bow Cycle tailored for female riders.

*Check website for details.

NEW Adult Riding Sessions • Ages 17 and up, all abilities

Take our adult riding sessions and turn trips to the Park into family adventures. Develop or refine your freeride mountain bike skills in our lift-access park. Participants are exposed to a range of terrain including stunt riding, jumps, single-track and downhill.

*Check website for details.

NEW COP Mountain Bike Freeride Team

Ages 12 to 18, intermediate to advanced bikers

Working with highly skilled coaches twice a week for the duration of the program will ensure the greatest development of freeride, dirt jumping, slopestyle and downhill racing skills for participating athletes. Registration fees include coaching at COP, scheduled events and during away trips. Transportation, lodging, meals and event fees are not included.

	Price
12-Week Program	$ 1,200

12 Wednesday **and** 12 Saturday lessons
*Includes four COP events and four mountain trips
Dates & Times: Wednesdays • 6:00 p.m. - 8:00 p.m. **and** Saturdays • 1:00 p.m. - 4:00 p.m.
Starting May 26
Complete training schedule to be provided by coach

NEW Guide & Ride • Spring Discover Downhill Week!

Ride with one of our experienced guides and be introduced to our downhill or cross-country trail systems designed by Whistler's Gravity Logic. Package includes lift ticket, bike rental, and one-hour guided tour.

	Midweek	Weekends
Dates & Times: Saturday **or** Sunday	$ 39	$ 49

10:00 a.m. - 11:00 a.m. **or** 1:00 p.m. - 2:00 p.m. • June 12 /13
Monday to Friday • 6:00 p.m. - 7:00 p.m. • June 8/9/10/11

COP Spring/Fall Races and Jam Series

Come to COP and test your skills against the best riders in Calgary. In a COP tradition, the Park will host races in the spring and fall. We have something for everyone including downhill races, cross-country races and dirt jump contests. Visit winsportcanada.ca for a complete listing of dates and registration details.

PICK YOUR PASS

Now there's no excuse - we have a pass to fit any schedule!

	Summer Super Pass May-Sept.	Mid-Week Tues.-Thurs. May-Sept.	Mud Bogger May/June	Heat Wave July/August	Leaf Burner September	Night Rider Tues.-Thurs. Nights May-Sept.
Adult	$ 199	$ 99	$ 79	$ 149	$ 99	NEW $ 59
Student/Youth	$ 169	$ 79	$ 59	$ 129	$ 79	-
Junior	$ 99	$ 49	$ 39	$ 79	$ 49	-
Family	$ 349	$179	$129	$ 269	$169	-

Visit www.winsportcanada.ca or call 403-247-5452 for more information.

CALGARY'S BACKYARD

Private and semi-private lessons available. Check our website for details.

SUMMER

From beginner to advanced, COP mountain bike camps offer every rider a unique and exciting summer camp experience found only at Canada Olympic Park.

NEW KONA Dirt Nuggets – Learn to Bike • Ages 4 to 6, all abilities

An excellent program for little ones just getting into mountain biking. Come and learn how to ride in our safe, friendly environment. Learn how to balance on the bike, pedal, brake and shift gears. Get introduced to dirt riding and maybe even the lift access trails! Morning **or** afternoon options are available.

	Price	Rental
5-Day Session:	$149	$15/day
4-Day Session:	$ 119	$15/day

KONA Mini Grom – Learn to Bike • Ages 6 to 8, all abilities

For the young mountain biker who wants to learn how to ride safely on dirt trails. Participants must be comfortable riding a bike on flat ground but no trail experience is necessary. This camp will include biking as well as two afternoons of other COP activities, including our exciting ropes challenge course.

	Passholder	Non-Passholder	Rental
5-Day Session:	$249	$309	$20/day
4-Day Session:	$199	$247	$20/day

KONA Little Grom – Learn to Freeride • Ages 9 to 11, all abilities

The Kona Little Grom (formerly Junior Hard Core Riders) offers a riding experience for young mountain bikers and no trail experience is necessary. Our experienced staff will take participants through our Skills Centre, developing skills such as balance, braking, and cornering. With the basics learned the Little Grom Riders head out to the COP trails. Bike maintenance and a cross-country ride through the exclusive Eastland's Trails will also be offered in this program. The last day at camp is completed with a 'fun race', which introduces riders to all aspects of competition.

	Passholder	Non-Passholder	Rental
5-Day Session:	$259	$319	$20/day
4-Day Session:	$209	$257	$20/day

KONA Big Grom – Learn to Freeride

Ages 12 to 14, intermediate to advanced

Ride with highly trained and experienced instructors at COP for a week to continue your mountain bike freeriding skill development. Our staff will take the Big Grom riders (formerly Hardcore Riders) throughout the COP trail system focusing on the development of various mountain biking skills for lift accessed riding including single-track trail riding, dirt jumping, stunt riding and bike maintenance. The last day at camp is completed with a 'fun race'.

	Passholder	Non-Passholder	Rental
5-Day Session:	$269	$349	$25/day
4-Day Session:	$219	$283	$25/day

NEW KONA Girls Only Camp • Ages10 to 14, all abilities

The G.O. Camp is exclusive to girls getting into mountain biking or looking to refine their skills on the bike. This camp lets girls learn and progress in a safe, pressure-free environment. Learn the basics and then take it to the trails!

	Passholder	Non-Passholder	Rental
	$259	$319	$20/day

5-Day Program dates: July 5-9 **or** 12-16 **or** August 9-13 **or** 16-20

After-care option available for $15/day

KONA Freeriders

Ages 15 to 16, intermediate to advanced

The Freeriders (formerly Performance Freeride) is for bikers riding at an advanced level and looking to perfect their skills. Participants in this camp should have previous biking experience in a lift-access bike park. A weekly schedule will vary between downhill course fun races, bike maintenance clinics and dirt jump clinics.

	Passholder	Non-Passholder	Rental
	$279	$359	$25/day

5-Day Program dates: July 5-9 **or** 12-16 **or** 19-23 **or** 26-30

Joe Schwartz Performance Camp

Ages 12 to 18, intermediate to advanced

An awesome way to kick off your summer – riding with one of Canada's top mountain bike Pro Riders. This specialty camp welcomes mountain biking pioneer Joe Schwartz who will coach you through an exciting week of trails, features and technical direction to help enhance your riding skills.

	Passholder	Non-Passholder	Rental
	$299	$389	$25/day

5-Day Program dates: July 5-9

Mt. Bike Assistant Pro – Leadership in Training

Ages 14 to 15, all abilities

Our L.I.T. program provides campers the opportunity to work with our leadership specialists learning skills that will last a lifetime. Participants will be given the opportunity to use the knowledge gained from their daily learning sessions, as experiential learning is the foundation of this program. This camp will provide the experience needed to become an assistant pro during our mountain bike summer camps and as future mountain bike instructors.

*Check website for details.

Guide & Ride

Ride with one of our experienced guides and be introduced to our downhill or cross-country trail systems designed by Whistler's Gravity Logic. Package includes lift ticket, bike rental, one-hour guided tour.

Non-Passholder $59

Dates & Times: Saturdays, Sundays **and** Holidays
10:00 a.m. - 11:00 a.m. **or** 1:00 p.m. - 2:00 p.m. • July & August
Tuesday - Thursday • 6:00 p.m. - 7:00 p.m. • July & August

Please Note:

Program dates and times are subject to change.
Programs must meet minimum enrollment numbers to avoid cancellation.
Refund policy available online or at Guest Services.

Mountain Bike Summer Camp Dates and Times:

5 Full-Day or 5 Half-Day Camps:
July 5-9 **or** 12-16 **or** 19-23 **or** 26-30
August 9-13 **or** 16-20 **or** 23-27

4 Full-Day or 4 Half-Day Camps:
August 3-6

Mountain Bike Summer Camp Times:
9:00 a.m. - 4:00 p.m.

Kona Dirt Nuggests:
9:00 a.m. - 12:00 p.m. **or** 1:00 p.m.-4:00 p.m.

Visit www.winsportcanada.ca or call 403-247-5452 for more information.

PLAY MORE

COP Camp Torch

Heroes emerged in Vancouver this winter and passions for sport and outdoor adventure were sparked in countless young Canadians. Canada Olympic Park's Camp Torch can build on that excitement and provide the kind of summer fun kids will remember for a lifetime.

Our unparalleled combination of fun outdoor activities range from Olympic sports like ski jumping and roller luge to thrilling summer activities like Eurobungy, archery and mountain biking.

Our experienced and well trained staff will ensure a safe and adventurous experience for everyone. Every camper will enjoy healthy outdoor fun and leave each day full of stories and smiles.

We're looking forward to an incredible summer of adventure. At Camp Torch every camper is a hero.

Travis Ferguson
Manager, Outdoor Education Programs

Alberta camping association

Tykes Camp

Ages 4 to 6

4-Day Camp $ 119 | 5-Day Camp $149

Choose either a morning or afternoon option for your little camper. Voted one of the best programs for this age group in the city, our Tykes Camp will keep all campers active with a new set of fun activities every day including arts and crafts, biking, Eurobungy, climbing and more. Both camps include snacks.

Morning Camp 9:00 a.m. – 12:00 p.m.
Afternoon Camp 1:00 p.m. – 4:00 p.m.

Adventure Quest Camp

Ages 7 to 9

4-Day Camp $ 239 | 5-Day Camp $ 299

One of our longest running camps is back - you don't want to miss out on this adventure. Try your bow and arrow skills at the archery range, create crafts or test your agility and balance on the High Ropes Challenge Course. This camp is fast-paced and will keep every camper active all day long.

Additional activities: roller luge, ball hockey, field games, treasure hunt, Eurobungy, wall climbing, biking, biathlon, mini golf, and more!

Outdoor Adventure Camp

Ages 10 to 14

5-Day Camp $ 309

This camp has specific programming only offered to this age group. Canoeing, extended Challenge Course, hiking trips, full days of mountain biking and team-building initiatives are just a few examples of our week-long activities. This camp will connect campers to the great outdoors and ignite the explorer within.

Additional activities: low ropes, archery, and much more.

NEW Olympic Sports Training Camp

Ages 10 to 14

5-Day Camp $ 319

This camp will introduce campers to the exciting world of Winter Olympic sports only available at COP. The Olympic Camp will expose campers to sports such as ski jumping, speed skating, roller luge, and biathlon. Dryland training, stretching, nutrition and many other aspects of sport training will be introduced to campers. This camp also provides direct exposure to the head coaches of our provincial luge, biathlon, snowboard, freestyle skiing and ski jumping programs. Many current Olympians were introduced to their sport right here at Camp Torch. COP's world-class athletic facilities makes this camp an exciting opportunity for aspiring young athletes and anyone interested in trying a new adventure.

Additional activities: gymnastics, high/low ropes course, mountain biking, team-building initiatives, and more.

NEW The Ascenders' Climbing Camp

Ages 9 to 14

Passholder $ 119 | Non-Passholder $ 129

This camp will allow campers to reach new heights by learning the fundamentals of climbing in a safe, interactive and positive environment. Our climbing pros will take campers through the basics in safety, equipment, belaying and knots to prepare them for an experience unlike any other on Calgary's only Challenge Course. No climbing experience is required and all climbing equipment is included.

Leadership in Training

Ages 14 to 15

$79 – $99*

Register Now! Our L.I.T. program provides campers the opportunity to work with our leadership specialists all week learning skills that will last a lifetime. Participants will be given the opportunity to put into practice the knowledge they have gained from their daily learning sessions, as experiential learning is the foundation of this program. This camp will give you the experience needed to become a Counselor in Training (C.I.T.) and a future member of our Camp Torch leadership team.

*Check website for details.

NEW **BUS OPTION**
SE & NW Pick-up and drop-off locations

AFTER CARE
4:30 p.m. - 6:00 p.m.
For details please see website

SAMPLE DAILY SCHEDULE

8:00 a.m. – 9:00 a.m. – Drop-off
9:00 a.m. – 4:00 p.m. – Activities including one hour lunch
4:00 p.m. – 4:30 p.m. – Pick-up
4:30 p.m. – 6:00 p.m. – After-care ($15/day includes drink)

A.M. and P.M. Tykes Program:
Morning Camp: 9:00 a.m. – 12:00 p.m.
Afternoon Camp: 1:00 p.m. – 4:00 p.m.

CAMP DATES

July 5-9 • July 12-16 • July 19-23 • July 26-30
August 3-6 • August 9-13 • August 16-20 • August 23-27

LUNCH OPTION

4-Day (Aug 3-6) Lunch: $32
5-Day Lunch: $40

Visit www.winsportcanada.ca or call 403-247-5452 for more information.

Interest rates/Savings accounts

BMO	CIBC	HSBC	ING	PCF	RBC	Scotia	TD	ALLY
1.0%	0.70%	0.80%	1.20%	1.00%	0.75%	1.00%	0.75%	2.00%

Please check bank websites as some rates require minimum account balance

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Protecting yourself on the road

TRAVEL Planning to travel this summer? Whether it is within Canada or abroad, it is important to protect yourself against credit and debit card fraud.

Remember that it may only take one oversight — leaving your card unattended, for example — for fraud to occur. Protect yourself with these tips from TD Canada Trust:

- Protect your PIN — When conducting a transaction at an ATM or making a debit or credit card purchase, use your hand or body to shield the keypad when you enter your PIN — even if the device you are using has a visor.
- Don't bring more than you need — You don't need a wallet full of credit and debit cards on vacation. Only take the essentials with you — two or three credit cards and your debit card should be enough.
- Keep track of everything — Hang on to your receipts and keep them together. When your account statements arrive after returning home, review them to ensure all transactions and charges are correct.
- Only bank where you feel comfortable — Conduct your ATM and debit transactions when and where you feel most secure.
- If you've got it, don't flaunt it — Don't carry a lot of cash, and don't show off your credit or debit cards. Doing so may make you a target for fraudsters.

Shielding your PIN could save you from a major travel headache.

NEWS CANADA

Two is better than one

AlisonOnMoney

I was introduced to the concept of twos by an economics professor in Edmonton who specialized in buying small businesses. His method was to have at least two in hand to compare. His strategy wasn't just about getting the best deal.

Rather, he found that by having two legitimate contenders to evaluate, the emotion involved in buying was reduced. He also discovered that after putting two different companies through a rigorous analysis, he often chose the one that he had initially found least attractive.

I try to apply the same principle to houses, cars and other big-ticket items. Even if it's love at first sight with a house and/or a condo, for instance, have at least one other property to compare it with.

The comparison exercise often teaches you a great deal about your intended purchase.

Make a detailed list of the attributes of each contender from price to square footage, needed repairs or renovations, location, distance to work and services, taxes, utility costs, and other characteristics such as natural light and potential for expansion.

Next, go over the list thoroughly with your partner, friend or family member. This discussion will help you focus on what is really important to you.

Frankly, this strategy has saved me from buying the wrong house a couple of times, and never fails to give me insight into what my family really needs and wants in a house, which is sometimes different than what we think.

The rule of twos works with cars as well. There aren't too many things more seductive than new wheels.

Isn't that exactly what auto designers are all about? Going through the rule-of-twos process will help you get beyond the glitz and glitter to the important points of mileage, resale value, repair record and suitability for your lifestyle.

Alison's Money Rule:

- When you're buying significant items such as cars and houses, always have two on the table at the same time for comparison's sake.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Maximizing when the tax man gives back

Investing

Now that the deadline to file your tax return has passed, many investors will be thinking about how to make the most out of their tax refund. Some individuals will simply look at this newfound money as an opportunity to go on a shopping spree, while others will consider how to maximize the cash they have received.

There are many ways to maximize your tax refund. One idea would be to use this cash to pay off some debt. If you are a person that is carrying a large credit card bill with high annual interest rates this may be the best way to maximize the money you receive back from the government. If you have no credit card debt then perhaps you should consider using this money to pay down some of your mortgage. If the interest rate on your mortgage is high, paying down some of the principal can be a great idea.

Another option for an individual's tax refund would be to use this money toward your RRSP contribution for 2010. The sooner you make that contribution, the sooner the money can work for you and grow.

In my opinion, we are in a great environment for market and investment growth. It would be a great idea to try and take advantage of this opportunity as soon as possible. As well, by contributing to your RRSP, you will be receiving a tax deduction for your 2010 earned income.

Some investors are faced with the dilemma each year as to whether to concentrate building up their RRSP or contributing to their children's RESP account. By contributing to your RRSP first, you can use your tax refund you receive back from the government and accomplish both goals.

Any contribution up to $2500 made into your Registered Education Savings Plan per calendar year, will receive a 20% match by the government up to age 17. This is free money to you!

Lastly, for those investors that perhaps need more liquidity and flexibility with their investments, a Tax Free Savings Account can be another place to contribute your tax refund to.

The maximum contribution anyone can make to their Tax Free Savings Account is $5000 per year. In this account, you can hold different types of investments to grow your money tax free.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com

mogo
borrow up to $1500 instantly for as long as 30 days
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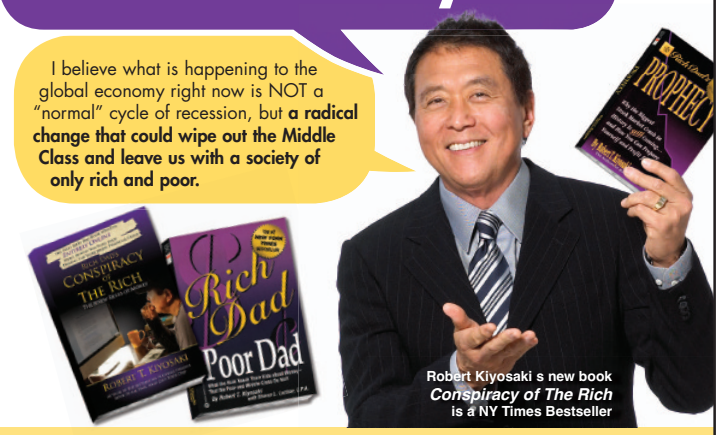
apply now! at mogomoney.com/metro
» money on the go

Discover What I Know And Stop Worrying About Money!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession, but **a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.**



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Robert Kiyosaki does not participate in this event.

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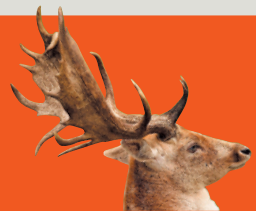
Roethlisberger spent weekend in clinic: Report

The Pittsburgh Post-Gazette reported yesterday that Ben Roethlisberger spent the weekend in a clinic being evaluated as part of sanctions handed down by NFL commissioner Roger Goodell. The newspaper cited an unidentified team source saying the evaluation will take days rather than weeks. THE ASSOCIATED PRESS

Sports



Deer give fans cause for fear

The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punchline Sunday afternoon when two deer burst through the glass doors of a Wisconsin restaurant as patrons watched a Bucks playoff game. The restaurant manager and a colleague managed to wrestle both deer to the ground and carry them outside and the animals ran off.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

LACROSSE A University of Virginia men's lacrosse player was charged yesterday with first-degree murder in the death of a women's lacrosse player at the same school. George Huguely, 22, has been charged in the death of Yeardley Love, 22, Charlottesville Police Chief Timothy Longo said. Both were seniors at the school.

BASKETBALL New Orleans Hornets majority owner George Shinn has reached a deal to sell his shares of the team to minority owner Gary Chouest, according to two people familiar with the negotiations.

BASKETBALL The Chicago Bulls fired coach Vinny Del Negro yesterday in a long anticipated move that comes after a late-season altercation with executive vice-president of basketball operations John Paxson and another first-round playoff exit. THE ASSOCIATED PRESS

Not this time: Celtics survive Cavs' comeback to even series

(Series tied 1-1)

Celtics 104 **Cavaliers** 86

NBA The window hasn't closed on the Boston Celtics. It's still wide open.

Rajon Rondo tied a team playoff record with 19 assists, Ray Allen scored 22 points and the Celtics, showing they're still very dangerous despite their years, opened a 25-point lead in the fourth and then survived Cleveland's comeback for a 104-86 win last night to even their semifinal series at 1-1.

After blowing an 11-point lead in the third quarter of Game 1, the Celtics almost squandered a much bigger one.

They led 91-66 with 9:08 left, but the Cavs scored 15 straight and pulled within 93-83 on LeBron James's basket with 3:13 left.

Boston, though, closed with an 11-3 spurt.

James scored 24 and Antawn Jamison 16 for Cleveland, outscored 31-12 in the third.

Game 3 is Friday night in Boston.

The Celtics seemed in control with their 25-point bulge, but they got complacent and found themselves having to scramble down the stretch when they could have been resting up.

"We were playing the clock instead of the game and got stagnant," Rondo said.

THE ASSOCIATED PRESS

Late goal lifts Hawks

(Series tied 1-1)

Canucks 4 **Blackhawks** 2

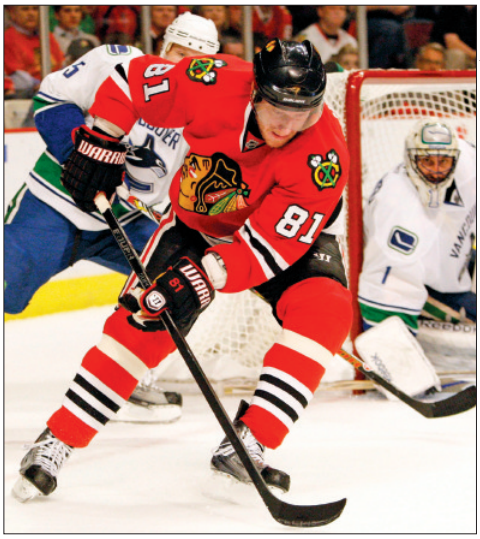
Kris Versteeg scored the go-ahead goal from the left circle with 1:30 left and the Chicago Blackhawks rallied to beat the Vancouver Canucks 4-2 last night to even the Western Conference semifinal at 1-1.

Game 3 will be played tomorrow night in Vancouver.

In a furious final rush, Versteeg lost the puck near the goal. It went out to Duncan Keith, who slid the pass to Versteeg for a shot that beat goalie Roberto Luongo to send the United Center into a frenzy.

Patrick Kane added an empty-netter with 47.7 seconds left.

The Blackhawks' Patrick Sharp tied the game earlier in the third with a short-handed goal.



NAM Y. HUH/THE ASSOCIATED PRESS

Chicago's Marian Hossa controls the puck past Vancouver's Christian Ehrhoff as goalie Roberto Luongo watches during the second period of last night's second-round action from Chicago.

Mason Raymond and Mikael Samuelsson, on a power play, gave Vancouver a 2-0 lead in the first 5:02 of the game. Brent Seabrook brought the Blackhawks within a goal in the first.

Chicago's Antti Niemi finished with 24 saves. Luongo stopped 29 shots.

THE ASSOCIATED PRESS

Lucic's tie-breaking goal gives Bruins 2-0 lead

(Boston leads series 2-0)

Flyers 2 **Bruins** 3

NHL Milan Lucic waited at the faceoff circle, his back to the goal, for a deflected puck to land.

When it hit the ice, the Boston Bruins forward tapped it with his stick to settle it and then, in one motion, turned and shot.

Lucic's turnaround slap shot broke a third-period tie with 2:57 left, and Boston beat the Philadelphia Flyers 3-2 last night to take a 2-0 lead in the best-of-seven Eastern Conference semifinals.

"I was trying to block the defence out and wheel and shoot," said Lucic, who hadn't scored in the playoffs and had just one goal since March 25.

"Luckily, it found a hole ... It was more a relief than anything else. Especially when it's a game-winner like that."

Tuukka Rask made 24 saves, and Miroslav Satan and Johnny Boychuk also scored for Boston.

The No. 6 seed in the East, the Bruins inherited home-ice advantage when the conference's top three teams were eliminated in the opening round and protected it heading into Game 3 tomorrow night in Philadelphia.

THE ASSOCIATED PRESS

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SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Boston 3 Philadelphia 2 (Boston leads series 2-0)
Chicago 4 Vancouver 2 (Series tied 1-1)

TODAY'S GAMES

Pittsburgh at Montreal, 5 p.m.
San Jose at Detroit, 5:30 p.m.

PLAYOFF SCORING LEADERS

Following last night's games

	G	A	Pt
Crosby, Pgh	5	11	16
Pavelski, SJ	9	5	14
Cammalleri, Mtl	8	5	13
Samuelsson, Vcr	8	4	12
Datsyuk, Det	6	6	12

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 5 Cleveland 1
Boston 17 L.A. Angels 8
Chicago White Sox 5 Kansas City 1
Minnesota 10 Detroit 4
N.Y. Yankees 4 Baltimore 1
Texas at Oakland

YESTERDAY'S NL RESULTS

Arizona 9 Houston 1
Cincinnati 3 N.Y. Mets 2 (11 ings)
St. Louis 6 Philadelphia 3
Colorado at San Diego

TODAY'S AL GAMES

Baltimore at N.Y. Yankees, 5:05 p.m.
Toronto at Cleveland, 5:05 p.m.
L.A. Angels at Boston, 5:10 p.m.
Detroit at Minnesota, 6:10 p.m.
Kansas City at Chicago White Sox, 6:10 p.m.
Texas at Oakland, 8:05 p.m.
Tampa Bay at Seattle, 8:10 p.m.

TODAY'S NL GAMES

Atlanta at Washington, 5:05 p.m.
Chicago Cubs at Pittsburgh, 5:05 p.m.
St. Louis at Philadelphia, 5:05 p.m.
N.Y. Mets at Cincinnati, 5:10 p.m.
San Francisco at Florida, 5:10 p.m.
Arizona at Houston, 6:08 p.m.
Colorado at San Diego, 8:05 p.m.
Milwaukee at L.A. Dodgers, 8:10 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS

Boston 104 Cleveland 86 (Series tied 1-1)
San Antonio at Phoenix

TODAY'S GAMES

Atlanta at Orlando, 6 p.m.
Utah at L.A. Lakers, 8:30 p.m.

Sharper returning to Saints
All-Pro safety Darren Sharper is returning to New Orleans for a chance to repeat as Super Bowl champion in 2010. The 34-year-old Sharper intercepted nine passes last season, returning three for touchdowns of 99, 97 and 42 yards. THE ASSOCIATED PRESS

Canadian draftees can't count on long CFL careers

DRAFT Agent Darren Gill has a simple message for his 14 clients who were selected Sunday in the CFL Canadian college draft.

Enjoy being selected and celebrate it. Understand, however, the odds for a long, productive CFL career are very, very long.

"Getting drafted is great," said the Montreal-based agent. "I'm not trying to scare anybody into thinking they won't make it.

"What I do want to instil in them is unless they're going in every day and doing that little bit extra it becomes more difficult to make a team. I do see in some cases that players feel draft position solidifies success and by no means does that work."

Gill has the numbers to back it up.

Between 2002 and 2007, Gill says 310 players were drafted by CFL teams. Just 33 became starters (10.6 per cent) while another 83 were backups (26.8 per cent) and 10 headed to the NFL (3.2 per cent).

Trouble is, 80 are no longer in the CFL (25.8 per cent) while a whopping 104 never played in the league (33.5 per cent). Combined, that accounts for nearly 60 per cent of the total players selected over that span.

"You'd assume with first-round picks their success would be guaranteed but that's definitely not the case," Gill said. "I really believe every player drafted into the CFL goes into training camp on the same foot regardless if they're the first pick in the draft or the last."

"Being a first-round draft pick doesn't automatically guarantee me anything."
Shomari Williams, first-overall pick

Client Shomari Williams, a linebacker from Queen's who went first overall to the Saskatchewan Roughriders, hears Gill's message loud and clear.

"Being a first-round draft pick doesn't automatically guarantee me anything," Williams said. "I know I have to get ready for training camp and go there and contribute and prove that I'm worthy of that No. 1 pick.

"The numbers are surprising and just go to show you if you don't work hard and it all goes to your head you might not have a great career. I have to keep trying to get better every practice and every year."

THE CANADIAN PRESS

After week-long layoff, it's showtime for Howard & Co.

NBA There has been no crowd for the games the Orlando Magic have been playing lately. No officials. No true opponent.

Not even a clock.

"That's the worst part," guard Vince Carter said. "You wish there was a clock up there and you could see it tick down. It's not. There's not even a score. It's just go, go, go."

Practice time is finally over.

When the Magic open their Eastern Conference semifinal against the Atlanta Hawks tonight, eight days will have passed since they swept Charlotte. The Hawks needed the full seven games to get by undermanned Milwaukee, meaning they got a turnaround of little more than 48 hours.

The contrasting layoffs heading into the best-of-seven series between the Southeast Division rivals make for intriguing dilemmas.

The Magic have been simulating opponents' players in practice. They studied film and prepared last week as if they were facing Milwaukee when the Bucks led the series 3-2, then threw that information away, practising late Sunday just so they could wait until Game 7 finished.

The time off has been longer than anything they've experienced this season — even during training camp.

"It felt like we had went fishing for a minute," Orlando's Dwight Howard said, chuckling. "We was at home chilling. Everybody was at home like, 'When do we play again?'"

THE ASSOCIATED PRESS

Dwight Howard

EZRA SHAW/GETTY IMAGES

Detroit Red Wings goalie Jimmy Howard sprawls to make a save during Sunday's game against the San Jose Sharks in San Jose. Detroit hosts Game 3 tonight with San Jose leading the series 2-0.

Desperation time

Detroit counting on home games to turn tide

The San Jose Sharks traditionally fare poorly at Joe Louis Arena.

San Jose has won three of nine playoff games in Detroit, losing the last two in the 2007 Western Conference semifinals, and just five of 35 matchups during the regular season.

The top-seeded Sharks beat Detroit twice at home and will put the two-time defending Western Conference champions on the brink of elimination if they win tonight in Game 3 at the Red Wings' storied arena.

"Our history dictates that we haven't played well in that building, so we'll have to try to change that and overcome that situation," Sharks coach Todd McLellan said yesterday. "There is a history and we're aware of it, but what happened has absolutely nothing to do with May of 2010."

5 Since falling behind Colorado 2-1 in the first round, San Jose has finally played up to its potential in the post-season by winning five straight with strong goaltending, tight checking and timely goals.

The Red Wings might not make it through much more of this month. Detroit goalie Jimmy Howard said he and his teammates can't let that happen.

"It's definitely a must-win game," Howard said moments after he stepped off the team plane, returning home for the first time in a week.

Joe Pavelski, who has become a playoff star, said San Jose has to want to win just as much as the Red Wings.

"They're a great team over there and they're desperate," Pavelski said. "It's important that we kind of match their desperation."

Detroit needs to figure out a way to slow down Pavelski, the first player to score more than once in three straight playoff games since Mario Lemieux did it in 1992.

Pavelski started his five-game goal-scoring streak in the first round against the Colorado Avalanche.

"This is what you think about when you're laying in bed a lot of times and you can't sleep," Pavelski said. "You want to score points. You don't know if they will keep coming like that. You can't worry about that. As soon as you feel you shouldn't be doing it, that's when it does stop."

THE ASSOCIATED PRESS

Cammalleri gets hot at great time for Habs

NHL Michael Cammalleri picked the perfect time to rediscover his scoring touch.

Blanked in the final nine games of the regular season after returning from a knee injury, the left-winger has eight goals in nine playoff games and is one of the leading factors — behind Jaroslav Halak's goaltending — in the Montreal Canadiens' surprising run in the NHL playoffs.

Mike Cammalleri

A pair of Cammalleri goals helped the Canadiens earn a 3-1 victory Sunday for a split of the opening two games of their Eastern Conference semifinal series in Pittsburgh. Game 3 is set for tonight at the Bell Centre in Montreal.

"I guess I saved some for the playoffs," Cammalleri said yesterday.

"When (the puck) is going in, everything goes in, and when it doesn't, nothing does.

"That's how it goes for goal-scorers."

The 27-year-old had five goals in Montreal's seven-game upset of the Washington Capitals in the first round, and he has kept it going against Pittsburgh, a stronger defensive opponent.

THE CANADIAN PRESS

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking soreness out of your swing

CELIA MILNE
for Metro Canada

Does your back hurt when you play golf? You don't have to be in great shape to get on the links, but fitness is a huge advantage to your game. And will help you prevent back injury.

Think of Tiger Woods, who before dominating the celebrity gossip pages, dominated the pro circuit for many years and rarely took time off for injury. He used a mixture of weight training, endurance exercise and flexibility workouts to stay in tip-top shape.

Back pain is very common — affecting an estimated 60 to 80 per cent of the population at some point in their lives. When it already exists, it can be aggravated by the repetitive movements of the golf swing, and in some cases it can be caused by golf.

"Back pain will be exacerbated on golfers who are overweight, with poor flexibility, weak core strength and poor stabilization of the spine," says Patrick Handfield, president of Action Sport Physio Centre Ville and also a senior advisor to Cirque du Soleil in Montreal.

As you age, your joints become stiffer and the disks in your back become weaker with less absorption. Handfield suggests you bend your knees when you pick up your ball from the hole or set up your tee.

Besides developing a higher level of fitness, Handfield and other physiotherapists across Canada also suggest you warm up before playing.

Steve Mah, a physiotherapist and owner of Oakridge Physiotherapy in Vancouver, B.C., recommends dynamic stretching involving repetitive movement. For instance, swing a golf club back and forth.

GETTY IMAGES

Tiger Wood took time off recently for personal reasons but he rarely took time off because of physical injury. He prevented injuries by getting his body in shape before hitting the golf green.

"This is likened to warming up a car when you first start it on a cold morning," says Mah.

Kelly Parr, a physiotherapist at The Sports Medicine Specialists in Toronto, recommends warming up your back using side bends. Stand with your arms straight up over your head. Clasp your hands together and bend slowly sideways, first one side and then up to the middle, then the other side. Repeat this three times.

After playing, Mah suggests static stretching, where you hold each pose for 30 seconds. This allows the body to maintain muscle flexibility following activity and reduces the degree of post-exercise stiffness the next day. Back pain and repetitive stress injuries can often be attributed to poor golf technique or biomechanics.

"For novice golfers and even experienced golfers, it is advisable to have your golf swing assessed to detect abnormalities that can be corrected to prevent potential injuries," says Mah.

If you have back pain that lasts more than three days, you should see a physiotherapist or physician, he adds.

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A hunch can hinder health

CELIA MILNE
for Metro Canada

Turn off the computer! Sit up straight! Our parents were right: Too much time spent hunched over electronic devices gradually affects our health.

In fact, says Toronto chiropractor Dr. Guy Bahar, bad posture can eventually deplete energy, cause pain, hamper breathing, affect the immune system, and lead to a lower self-image.

Bad posture affects 66 per cent of Canadians, and the number continues to grow, he says.

He calls this Forward Head Posture (FHP) — forward displacement of the head over the chest, shoulders rounded forward, chest caved in and the upper back hunched over.

Even young people nowadays have some of the spinal characteristics of the elderly. Over time, FHP can lead to a swaying forward of the hips and hollowing out of the lower back.

"Our modern lifestyles are largely to blame," says Bahar.

"Hours sitting hunched over computers, especially laptops, has lead to a Canadian population of FHP sufferers.

"Combine that with the excessive use of PDAs, Blackberries, handheld gaming and cellular phone texting devices, and it's not surprising that FHP is on the rise."

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The marriage myth

The J Spot

Josey Vogels

metronews.ca/thejspot

Married people live longer, happier, healthier lives.

At least that's what we're told the research says.

But Bella DePaulo — a social psychologist based in Santa Barbara, Calif., and the author of Singled Out: How Singles are Stereotyped, Stigmatized and Ignored and Still Live Happily Ever After — says that, scientifically, this simply isn't true.

For example, she says, much of the research looks only at those who are currently married.

"Those who divorce — well over 40 per cent who marry — are set aside," she explains.

"Those who got married and hated it get to leave the married group. But when those researchers compare the currently married to, say, the people who have always been single, they do not look only at the 50-some per cent who are most satisfied with their single lives."

DePaulo further challenges this research in her book and through her Living Single blog for psychologytoday.com. So, why do we perpetuate the idea that marriage makes us happier and healthier?

DePaulo believes that, as a society, this mythology about marriage is very appealing and comforting.

"The mythology says that if only you get married, you will live happily ever after and you will be healthier and live longer, too," she says.

"The mythology presents marriage as a magical solution: Find 'The One' and all of the important pieces of your life will fall into place."

And, in an age when women have more control than they used to over their financial security, their sex lives, and their reproductive potential, and that they can pursue all of those possibilities without marrying, adds DePaulo, the only way to continue to sell this myth is through psychological arguments.

"The mythology is that you can never know true happiness or the best of health unless you marry."

In fact, one could argue that marriage can even be detrimental to one's health.

As at least one happily married man I recently posed the question to can attest, the only health benefits he's discovered through being married is a "healthier" waistline.

While being happily married doesn't guarantee better health, there are things you can do to maximize the health benefits of being married.

For tips, visit Josey's Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

Gym bag beauty bets

LIZA HERZ
for Metro Canada

Let's be upfront here. We are not encouraging you to be that girl who wears full makeup on the treadmill (ick).

But while your workout should be about health and fitness, a little beauty enhancement and pleasure can also be part of your regime. What to add to your already over-stuffed gym bag? Read on.

1 The **THERMOS INTÄK HYDRATION BOTTLE** ($12.99, major retailers) holds over 700 ml of water, shows your fluid intake on an easy-to-read metre and allows for one-handed operation to let you hydrate effortlessly while going all-out on the elliptical machine.

2 Get the most out of every minute spent *not* wearing high heels. **SOF SOLE AIRR INSOLES** ($29.99, Mark's, Sport Chek) have encapsulated air chambers to cushion your feet during high impact activities (think treadmill) plus a gel insert for comfort. Footie bliss.

3 Remember those scratchy, pink, disposable razors with the hollow handles? The new **GILLETTE VENUS EMBRACE DISPOSABLE** (3 for $15.99, drugstores) puts them to shame with five (yes, five) blades and a "protective ribbon of moisture" for a close shave.

4 Do you ever wonder where they get the shampoo in your gym's shower? Use it if you must, but follow up with **NEXXUS BOTANLUXE LEAVE-IN CONDITIONER** ($12.99, drugstores,) with nourishing botanical oils and plant proteins to rehydrate and smooth your hair.

5 Not only does **AVEENO ULTRA CALMING DAILY MOISTURIZER** ($20, drug and mass retailers) soothe skin and protect it from UV rays with SPF 30, but it contains feverfew, known for its antioxidant and anti-inflammatory properties, to minimize post-workout redness.

6 Simplify your locker room makeup routine with this goof-proof trio: **OLAY TOTAL EFFECTS EYE CREAM PLUS TOUCH OF CONCEALER** brightens while it hides dark circles, ($30.99, drugstores), **REVLON GROW LUSCIOUS MASCARA** conditions and makes lashes appear thicker and more profuse, ($9.95, drugstores), and **TARTE CHEEK STAIN IN FLUSH**, ($39, Sephora) gives your cheeks (and lips!) a wash of sheer, natural-looking, rosy colour.

PHOTOS PROVIDED

Tips from The Posture Doc

Here are some pro-active tips from Toronto chiropractor Dr. Guy Bahar on improving your posture.

1. Have a posture checkup. Get assessed by a chiropractor or MD. It's hard to change something when you are not aware of it.
2. Increase your awareness of your posture when sitting, standing, sleeping, and using electronic devices. Sit up straight!
3. Treat your mobile devices as if they were hazardous to your health. Use hands free when talking on cell phones. Position your body correctly when using laptops and mobile devices. Try to avoid positioning them so you are looking down.
4. Take lots of breaks. Stand up, move around, and stretch when possible.
5. Limit the weight of your bags (and your children's knapsacks) to no more than 15 per cent of body weight.

CELIA MILNE/
FOR METRO CANADA

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One of the healthiest veggies

Broccoli is one of the healthiest vegetables around; packed with vitamin C and fibre. To retain its nutrients, steaming or sauteing are the best ways to prepare it. If you're stir-frying brocooli, use extra virgin olive oil or sunflower oil and lightly stir-fry. METRO NEWS SERVICES

Food

Cheesecake AND pancakes!

Weeks after KFC made headlines — not entirely celebratory — by stacking two pieces of chicken around bacon and cheese, IHOP in the United States is introducing a limited-time dessert featuring two pancakes sandwiching a layer of cheesecake. IHOP's Pancake Stackers consist of a crustless cheesecake filling surrounded by two buttermilk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. And yes, the meal can be a diet buster. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Homemade for mom

A tasty DIY gift of mussels, chicken and crumble

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad. Right, below: Salsa-Steamed Mussels with Cilantro Broth.

PHOTOS BY CARLO MENDOZA

This Cran-Apple Crumble dessert is sure to sweeten mom's day.

Mother's Day is coming up (it's this Sunday, for those of you who just panicked), and if you're short on cash, but big on love, a homemade meal may be just your ticket into the good books with mom.

Pair this impressive meal with a simple bouquet of flowers and a nice bottle of wine for a lovely DIY Mother's Day. - CHRISTY PENGILL

Salsa-Steamed Mussels with Cilantro Broth

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 2 Tbsp olive oil
- 1/2 cup diced red onion
- 2 garlic cloves, thinly sliced
- 1/2 jalapeno, seeded, finely chopped (about 2 tbsp)
- 1/2 pound diced tomatoes (about 1 cup)
- 3/4 cups white wine
- 1 lime zested and juiced
- 4 pounds mussels, scrubbed, debearded
- 1/4 cup coarsely chopped cilantro
- 1 baguette, for garnish

METHOD:

1. Heat oil in a large pot set over medium heat. Add onion, garlic and jalapeno and cook stirring often until onion and garlic are soft and translucent, about 4 minutes. Add tomatoes, wine, lime zest and juice, turn heat to high and bring to a boil.
2. Add mussels, cover with tight fitting lid and cook shaking pan often, until mussels are open, about 3-5 minutes. Use a slotted spoon to divide mussels between 4 large bowls. Stir cilantro into broth, season with salt and pepper and pour over mussels.
3. Serve with crusty baguette on the side for soaking up the delicious broth.

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp fennel seed, crushed
- 1 tsp ground sweet paprika
- 1 tsp brown sugar
- 1 tsp grated lemon zest
- 3/4 tsp ground cayenne
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt
- 4 (5oz) boneless, skinless chicken breasts
- 1 cup fresh parsley leaves, stems discarded
- 1 fennel bulb, shaved, fronds chopped and 1 tbsp reserved
- 2 blood oranges, peeled and segmented, 3 tbsp juice reserved
- 1/2 cup black olives, pitted

METHOD:

1. Preheat oven to 450°F. Line a rimmed sheet pan with aluminum foil and set aside.
2. In a large bowl, combine 2 tablespoons olive oil and the next nine ingredients and stir until mixed. Add chicken and using hands or a rubber spatula, rub spice mixture all over chicken. Transfer chicken to prepared sheet pan and roast in oven until cooked through, about 15 minutes.
3. Meanwhile, combine remaining 1 tablespoon olive oil, parsley, shaved fennel and fronds, blood orange segments and juice, and olives in a large bowl and toss until thoroughly coated. Season to taste with salt and pepper. Divide salad among 4 plates and serve with sliced chicken breast.

Cran-Apple Crumble

SERVES 4-6
PREP TIME: 10 MINUTES
COOKING TIME: 50 MINUTES
SUBMITTED BY CHRISTINE LUTEN, VERNON, BC

INGREDIENTS:

- 6 apples
- 3/4 cups fresh or frozen cranberries
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/2 cup oats
- 1/2 cup brown sugar
- 1/3 cup softened butter

METHOD:

1. Peel and slice apples into a buttered baking dish (approx. 8" by 8").
2. Sprinkle cranberries over the apples.
3. Sprinkle sugar and cinnamon the apples and cranberries.
4. Mix together flour, oats, and brown sugar. Blend in butter. Spoon over apples and cranberries.
5. Bake at 350°F for 50 minutes. Serve warm with vanilla ice cream.

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'Real food' survey

According to a national survey conducted by Hellmann's (in partnership with Ipsos Canadian Online Omnibus), 87 per cent of Canadians claim that at least half of their meals at home are prepared with real ingredients. METRO NEWS SERVICES

Cooking with humour

Bitchin' Kitchen stimulates the appetite and the funny bone

RICK MCGINNIS
for Metro Canada

The dazed, hedonistic '70s were probably the last time a cooking show actively tried to be funny as much as it wanted to stimulate your appetite.

The reeling, mugging antics of Graham Kerr's bibulous Galloping Gourmet were as calculated for belly laughs as tummy grumbles, but Montreal's Nadia Giosia, who wasn't even born when Kerr quaffed wine while risking life and limb with unsteady flambés, is hoping to bring the funny back to food television with her show Bitchin' Kitchen.

A veteran of skit comedy and improv, Giosia created her alter ego, Nadia G, out of her own Italian-Canadian upbringing, and surrounded her with a garish kitchen set, an eye-popping wardrobe, and a supporting cast of equally strident comic caricatures, most of whom (Panos the Greek butcher and fishmonger and the Spice Merchant, an Israeli with an unpronounceable name) also ardently mine a rich vein of ethnic humour.

Bitchin' Kitchen host Nadia Giosia, a.k.a. Nadia G.

"It's not even worth calling them characters," Giosia says over the phone from Montreal, "because we're about one glass of chardonnay away from the real person. When we were casting for this show friends recommended other friends to come, and we built our characters based on Panos and Yeres, uh, Yiris — whatever his name is.

For Bitchin' Kitchen air times visit food network.ca

"I'm really close to my on-screen character. I write all this stuff and you always want to write about what you know. I'm not constantly prancing around in three inch heels in my own home, but when I'm on I'm on."

Originally pitched as a TV series, Bitchin' Kitchen took a detour onto cell phones and the web, winning acclaim and awards for its short, fast mobile phone episodes before attracting the attention of a U.S. publisher for a cookbook and Canada's Food Network for a full-length version. "The TV series is so much fun because you have a bigger budget to work with and you can create skits and songs and really expand on the theme."

The themes — break-ups, poverty, hangovers, family meals — are riffed on mercilessly, but the recipes always work, and often come from Giosia's home life, which was filled with food.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Liqueur for mom

When I was little I asked my mom why there was a Mother's Day and not a Kid's Day. She, of course, said it was because every day was Kid's Day. The older I get the more I realize how right she was.

Though I'm positive my booze appreciation gene came from her side of the family, mom isn't much of drinker. She does enjoy a glass of cream liqueur (served over ice) so come Mother's Day I try and surprise her with something different.

Ireland's Bailey's is the benchmark for everything creamy so you'd think they'd leave well enough alone. Nope. **Bailey's Mint Chocolate** ($27.99 - $29.99) takes the original Irish whiskey-based recipe and actually enhances it with minty mocha flavours, while **Amarula Cream** ($25.95 - $27.95) from South Africa uses the indigenous marula fruit to make its refreshingly fruity liqueur.

The latest edition to the cream lineup is **Cadbury Caramilk Liqueur** ($27.99 - $29.99) from New Zealand. It's the liquid version of the popular chocolate bar. While I don't think there's any secret to how they get it in the bottle; in the glass it tastes much like you'd expect if you've ever tasted the candy version.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Canadian Dairy Farmers: Pure Pride

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Don't ask Norma Winters, a Canadian dairy farmer, how long her family's been in the business. "I've lost count of the generations," she says. "But the piece of land I work on today is the same one my grandmother worked on. We've always liked the security of knowing where our food comes from and how it's made."

Norma and her husband, Alan, run a dairy farm in Cornwall, Ontario. It's not a big farm — just 500 acres and 100 head of Holstein cattle, about 40 of which are milked — but it's enough for them. As Norma explains, it's better to do a few things and do them well.

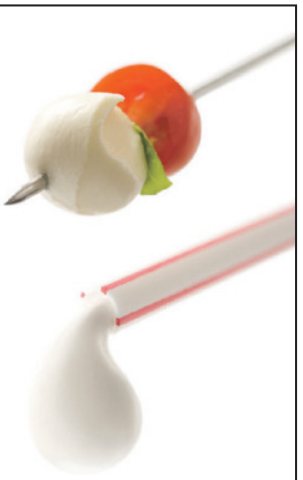
"We grow our own produce, but all of it goes to feeding the animals," says Norma. "Our focus is solely dairy production. And it has to be because the Canadian dairy industry's standards are so high."

Canadian dairy is made from one of our country's most precious resources

Norma and Alan's day begins at 5 a.m. Cows are milked twice a day, usually eight at a time, in a special compartment within the barn. On one side, four cows are hooked up to sterilized milking equipment; on the other side, four more are prepped with a disinfectant wash. When milking is complete, a cow's udder is disinfected again. These measures are part of the job, as are regular veterinary care, a balanced diet, and humane treatment for the cattle.

Norma and Alan are proud of their work, especially when they see the '100% Canadian Milk' symbol displayed on hundreds of dairy products. "We provide safe and nutritious food for our fellow citizens," Norma explains. "And even the biggest cities are no more than a 30-minute drive from farmland. So when you buy Canadian dairy products, you're truly supporting your local economy. The symbol reminds us we're all in this together and guarantees that we are buying products made from 100% Canadian milk – renowned for its purity, high quality and great taste."

For recipes and more info on 100% Canadian Milk, go to metronews.ca/canadianmilk



100% CANADIAN MILK

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We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

Swift a CoverGirl

Taylor Swift has become CoverGirl's latest spokeswoman, according to People. The 20-year-old country sensation will join predecessors such as Drew Barrymore, Rihanna, Queen Latifah and Ellen DeGeneres. **TVGUIDE.COM**

Entertainment

Show shopper

TV star, model, actress and trendsetter Kim Kardashian makes her Canadian debut in an on-air appearance on The Shopping Channel for the official Canadian launch of her signature fragrance today.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Women of steel hold their own

NED EHRBAR
Metro World News

Gwyneth Paltrow reprises her role as Pepper Potts in Iron Man 2, playing the long-suffering assistant to Robert Downey Jr.'s eccentric billionaire, Tony Stark. But this time around, Paltrow isn't the only woman on the scene, with Scarlett Johansson stepping in as a mysterious new employee at Stark Industries. Despite rumours about catfights on set, Paltrow insists she was glad to have Johansson there with her.

Gwyneth Paltrow, left, and Scarlett Johansson star in Iron Man 2, opening this week.

Q **Was it nice having another woman in the film?**

A I think it's great for the movie. I really loved having another girl on set, because last time it was such a boy's club. And I love the fact that she's, like, a powerful, smart superhero type of girl. When I think of my daughter seeing the movie, I'm so happy that Scarlett has that part. It's like, finally a girl getting to do something.

Q **Were you jealous that you didn't get to kick some butt, too?**

A No, no. I'm too old for that now.

Q **Why do think do you think there were reports of you two not getting along?**

A I have no idea. One day on set, Scarlett and I were sitting there having a cup of coffee, and Jon Favreau started making jokes, like, "Oo, there's a reconciliation." I was like, "What are you talking about?" And he's like, "Oh, haven't you see all the tabloids? Apparently you guys are cat-fighting." The tabloids have to write so much stuff. They're trying to keep up with blogs, and it's like everyone needs to write about something, so literally they just invent things.

"Kissing Robert (Downey Jr.) was like kissing my brother."
Gwyneth Paltrow

Q **Is Robert Downey Jr. a good kisser?**

A Kissing Robert was like kissing my brother or something, you know? He's one of my best friends, I'm very close with his wife.

Meet Black Widow

• Scarlett Johansson admits that joining a comic book franchise — and taking on a butt-kicking character like Black Widow — was something of a challenge. "This was a whole new bag of tricks for me. It came out of left field. It was a lot to immerse myself in," she says. "Training like that is hard. It's a lot of work. You basically suck until you get it right."

But she was committed to getting it right — and doing as much of the stunts herself as possible.

"You're asked to just completely abandon everything that you think about this person and go with the story," she says, putting herself in the audience's shoes.

While still quite young, Johansson is something of a veteran in the film world, having made her debut at age 10. And she's learned how to not get overwhelmed by the demands of the movie business.

"I've been doing this for a long time, and it's not that I'm jaded by it, but I think more that I've learned to pace myself," she says. "It's very, very exciting to be a part of this. But you know, I live a very low-key lifestyle. I'm going to go home, I'm going to clean up. Maybe I'll make dinner or have dinner with friends or whatever. I'll get to bed and it will be the same thing tomorrow. It's a job, really."

And part of that job now is finding a way to transition into more mature roles, she says.

"I'm sort of in a transitional phase of my career. I'm 25 and I've been acting in movies for a long time, and I've certainly played the ingenue in every capacity in every different incarnation," she says. "I'm looking forward towards playing the woman, as opposed to the young woman."

Iron Man 2 is a part of that new phase, she insists. One aspect of the film that Johansson was particularly thrilled about was what was left out about Black Widow.

"We know nothing about her romantically in this film," she points out. "It is refreshing."

NED EHRBAR/ METRO WORLD NEWS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/4/10	267	351 -	ACCESS	Alberta Primetime (Live)		(8:02) V (HDTV) (N)		Dancing With the Stars		The Middle (N)	Old Christine	Primetime
	243	317 3	CFCN	etalk	Access H.	Law & Order: SVU		American Idol (HDTV)		Lost "The Candidate" (N)		CTV News
	-	- 4	OMNI	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5	KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Lost "The Candidate" (N)		(11:02) V (N)
primetime	245	306 6	CBRT	NHL Hockey		CBC News	TBA	TBA	TBA	CBC News: The National		The Hour
	244	338 7	CICT	ET Canada	Entertainment	The Good Wife "Mock"		NCIS "Obsession" (N)		Glee "Bad Reputation"		News Hour
	246	- 8	CKAL	Law & Order: SVU		Parenthood (HDTV) (N)		The Biggest Loser The contestants get makeovers. (N)				EP Daily
	119	705 9	CBXFT	Squelettes	Tout	Beautés désespérées (SC)		Musee Eden (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10	SHAW	(6) Local Programming						Local Programming		
	-	372 12	KREM	News	Access H.	The Doctors		NCIS "Obsession" (N)		NCIS: Los Angeles (N)		The Good Wife
	-	374 14	KSPS	PBS NewsHour (N)		NOVA (HDTV) (N)		Roots of Health		Frontline (N) (DVS)		Independent
	502	390 15	CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		fifth estate
	-	370 16	KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser The contestants get makeovers. (N)				Parenthood (N)
	-	373 22	KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Glee "Bad Reputation"		News
	297	652 37	WPIX	Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29	CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	508	502 31	CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21	TSN	(5) NHL Hockey		SportsCentre (HDTV)			Off the Record	Boxing Pavlik vs. Martinez & Bute vs. Miranda.		
	408	418 27	net	MLB Baseball		Sportsnet Con.	MLB Baseball Milwaukee Brewers at Los Angeles Dodgers.					Sportsnet Con.
	410	403 30	SCORE	Score Now		Score Now		Score Now		Score Now		Score Now
	411	457 44	OLN	Operate-Repo	Operate-Repo	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	417	406 48	SPEED	NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)		Pass Time	NASCAR Hub	Race in 60 (HDTV)		NASCAR Hall
family	552	543 20	YTV	iCarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	557	541 39	FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67	TOON	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.
cable variety	575	583 11	CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba
	553	546 17	TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19	TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23	W	House-Sell	House-Sell	Supernanny		Style by Jury	Beauty	Beauty Call	Style by Jury	*When Love Is*
	521	560 24	TLC	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Child Frozen in Time		19 Kids-Count	19 Kids-Count	Chocolatiers
	603	561 25	FOOD	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant Makeover		Diner, Drive-In	Unwrapped	Dinner Impossible
	615	520 26	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds
	617	522 32	SHOW	Trailer Park	Trailer Park	Relic Hunter		*Anna's Storm* (2007, Action) Sheree Wilson.				Californication
	601	562 33	SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives, Orange		Housewives
	-	633 34	ENC2	Miss Spider	(7:20) *Outrageous!* ★★★ (1977, Comedy)			*Sgt. Pepper's Lonely Hearts Club Band* ★ (1978, Musical)				*I Wanna Hold*
	520	505 35	DISC	Destroyed	Destroyed	Deadliest Catch "Sea Tested"		Daily Planet		Destroyed	Destroyed	Deadly Catch
	620	523 36	BRAVO	(6) The 2010 JUNO Awards		Spectacle: Elvis		Law & Order "Bad Girl"		Without a Trace		*Comic Book*
	294	650 40	WPCH	Law & Order: SVU		Seinfeld	Seinfeld	*Galaxy Quest* ★★★ (1999, Comedy) Tim Allen.				*Galaxy Quest*
	626	547 41	COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords
	-	539 42	TCM	(6) *San Antonio* (1945)		*The Searchers* ★★★★ (1956, Western) John Wayne.				(10:15) *Cheyenne Autumn* (1964, Western)		
	628	584 43	SPIKE	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)		Deadliest Warrior (HDTV)		Real Vice	Real Vice	CSI: Crime Scn
	522	516 45	HIST	Ancients Behaving Badly		Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus
	627	528 46	SPACE	Medium "Sal" (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace (N)	Stargate SG-1 "Heroes"		Star Trek: Next Generation	
	-	- 47	AMC	(6) *True Lies* ★★★ (1994, Action), Tom Arnold				(9:15) *Lara Croft Tomb Raider: The Cradle of Life* (2003, Adventure)				
	619	525 49	TROP	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash
	600	564 50	HGTV	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Outdoor Room
	501	391 52	CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70	BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92	VIVA	Medium		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Arbor Live		Beyond Words	Chiefs-Champ	Tears
	-	- 94	MCP	World News	News	My Queen	Immortal Yi, So	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100	MMM	mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels	Wild 'n Out	Hammertime	Gimme Sugar	Family Jewels
	570	580 101	MM	disBAND	Muchmusic Countdown			UR11		Gossip Girl (HDTV)		On Set: Girl
	581	566 102	MTV	My Life as Liz	The Hills	The Hills	After	MTV Live	Sex, News-Roll	The City	The Hills	The Hills
	-	- 116	TV5	Les Invincibles (SC)		ADN: Accel.	Nouva	TV5 Le Journal		(9:35) La Grande Librairie		(10:35) Horizons (SC)

critics'corner

V
Erica, Ryan, Father Jack and Hobbes learn that Anna has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler his invitation to the Live Aboard program. Chad confronts Father Jack in the new episode "Hearts and Minds." 8:02 PM on ACCESS; 11:02 PM on KXLY

Ghost Hunters
America's favorite paranormal plumbers, Jason Hawes and Grant Wilson, bring their hair-raising investigative techniques to the other world yet again as they attempt to debunk claims of hauntings. In "Widow's Watch," the guys go bicoastal, investigating eerie activity at an 18th-century inn in Massachusetts and a distillery in California. 5 PM on OLN

Parenthood
Jasmine and Crosby's relationship heats up, leaving them unsure about how to explain it to Jabbar. Sarah stumbles on Zeek's financial problems. Haddie turns to Amber for boyfriend advice in the new episode "Namaste No More." 8 PM on CKAL; 11 PM on KHQ

DVD picks

Nine

Director: Rob Marshall

NINE IS A fractured film about creative and coital conundrums that is best sampled like an array of Italian gelatos. In other words, don't complain about how it all works, just enjoy the yummy bits.

There are plenty of them, mainly the songs by Kate Hudson and Marion Cotillard, but let's get what plot there is out of the way first.

Daniel Day-Lewis is Guido Contini, a Fellini-esque moviemaker in mid-1960s Rome whose best work is behind him, as everybody keeps reminding him. We meet this rogue charmer, "Maestro" as he's known, as he's giving a press conference in Rome's Cinecitta Film Studios, explaining to bewildered journos how you "kill" your movies in the process of making them.

The Maestro could be referring to himself. On the cusp of 50, Guido is in the midst of a full-blown midlife crisis, more from his inability to keep his pants on than writer's block. Rather than begin the epic film Italia that is to be his latest and greatest project, once again starring his sultry muse Claudia (Nicole Kidman), he flees Rome in his vintage convertible Alfa Romeo. He takes refuge in a swank seaside resort, where there is more marble than the Vatican and more spirits than a graveyard.

Here Guido, like Dickens' Scrooge, must confront his past, present and future — but Scrooge was fortunate in only having to deal with ghosts.

Guido's vexations are all flesh-and-blood, although some of them — notably Sophia Loren as his mother — also appear in his vivid fantasies.

He begins his follies by foolishly inviting both his wife (Marion Cotillard) and his lover (Penélope Cruz) to join him.

Marshall's casting is the real draw of Nine. With the exception of Loren, none of his choices are Italian, which could have been a liability in the hands of a less creative director.

Daniel Day-Lewis makes for a game Guido, but not a perfect one the way Marcello Mastroianni was for Fellini's 8 1/2, the 1963 film that Nine is inspired by. Day-Lewis's Italian accent is at best serviceable, and his singing leaves something to be desired — which may explain why his two numbers are rushed and crushed.

Legend has it Fellini filmed 8 1/2 with a note reading, "Remember, it's a comedy" taped to his camera. Marshall and Day-Lewis might have profited from that example.

Peter Howell/for Metro Canada

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Sweetin expecting another child

Jodie Sweetin is going to be a mom again. The actress — who has a two-year-old daughter, Zoie, with ex-husband Cody Herpin — is expecting a baby with her boyfriend of one year, Morty Coyle, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Elin spotted in Sweden

TIGER SPOTTED SOMEONE ELSE, ER ... SOMEWHERE ELSE Confirmed: Elin Woods is in her homeland of Sweden, thousands of miles away from estranged husband Tiger Woods, us-magazine.com reports.

With no bodyguards in sight, Elin, 30, was photographed jogging solo in her native country on Saturday; wearing a black tracksuit and white cap, she listened to tunes on her iPod as she ran.

It's the first known photo of Elin since she took her kids Sam, 2, and Charlie, 15 months, to the Scandinavian nation on April 19.

The threesome is visiting with a family with her family, but fast-and-furious construction also continues at a $3 million US seaside estate Elin recently purchased.

"She and the kids are going to be spending most of the summer there," a family source tells Us. "Without Tiger."

METRO NEWS SERVICES

Lohan wants control of Lindsay's finances

AT LEAST HE'S BEING OPEN ABOUT IT NOW After striking out in his attempts to connect with daughter Lindsay Lohan during a trip to New York, Michael Lohan is telling sources he's looking to get the ball rolling on creating a conservatorship for Lindsay much like Britney Spears' dad did for her, according to TMZ. Michael says he'd like to serve as conservator, but he's open to someone else taking on the responsibility. He also says he's interested in getting Lindsay into a pricey private rehab program, according to the website.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is dispelling rumours which she started herself, **RANIA AL ABDULLAH** is finding new ways to get a point across, **JUSTIN BIEBER** is always learning new things and **BEN STILLER** doesn't see a Zoolander sequel happening

@CourtneyLoveUK i did not date gavin while he was engaged to gwen and im sure he appreciated being rated as a good kisser.

@QueenRania At the International Reading Association convention using peanut butter sandwiches as a metaphor for cross-cultural dialogue.

@justinbieber Really (vocab word) "detest" early mornings...

@RedHourBen Ron Burgundy and Derek Zoolander looking to appear in sequels. Both men destitute, without means or intellect to fund their own comebacks.

METRO NEWS SERVICES

Douglas looking at the bright side of jail term

I'M NOT SURE THOSE ACTUALLY IN PRISON WOULD AGREE Michael Douglas is trying to view his son Cameron's five-year jail sentence on drug charges as a blessing in disguise, femalefirst.co.uk reports.

"My son has not been sober for this length of time since he was 13 years old," Douglas, 65, tells the Today show, in an interview that aired Monday.

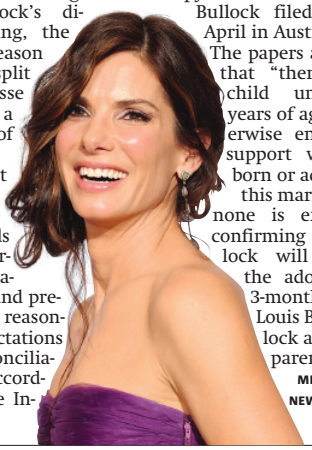
"So he was going to be dead or somebody was gonna kill him, and I think he has a chance to start a new life and he knows that... It's going to take that amount of time for him to rebuild and start himself afresh."

Cameron Douglas, 31, was arrested last year for allegedly dealing methamphetamine. Last month, he was sentenced to jail time for conspiring to sell crystal meth and for heroin possession.

METRO NEWS SERVICES

Divorce info goes public

AND NOTHING NEW IS REVEALED According to Sandra Bullock's divorce filing, the official reason for her split from Jesse James is a "conflict of personalities that destroys the legitimate ends of the marriage relationship and prevents any reasonable expectations of reconciliation," according to the Insider, which obtained a copy of the divorce papers.



Bullock filed in late April in Austin, Texas. The papers also state that "there is no child under 18 years of age or otherwise entitled to support who was born or adopted of this marriage and none is expected," confirming that Bullock will finalize the adoption of 3-month-old Louis Bardo Bullock as a single parent.

METRO WORLD NEWS

Aniston trying hard to get in shape for film

WELL THANK GOD FOR THAT Jennifer Aniston is reportedly going to great lengths to get into shape for her current film, Just Go With It, and is worried about going up against on-screen rival Brooklyn Decker, a swimsuit model, according to the Daily Mail.

"Jen has been getting really wound up with the wardrobe department because her costumes are so skimpy and she's worried about working with a younger model with a hot body," a source says.

"She has upped her fitness regime and has had her gym equipment sent to her villa."

Aniston has even reportedly flown her personal trainer to the movie's Hawaii set.

METRO NEWS SERVICE

Shields wants another child

THERE SHOULD BE A CAP ON HOW MANY KIDS A CELEBRITY CAN HAVE Brooke Shields is eager to add another child to her family, according to Page Six. Shields and husband Chris Henchy have two young daughters, and the actress was recently spotted gushing over a friend's toddler, saying, "They're so cute when they're this size." But sources say Shields is worried that at 44 she may not be able to get pregnant again.

METRO WORLD NEWS

Halle Berry booted Gabriel Aubry: Source

BILLY BOB THORNTON LEFT SOME BIG SHOES TO FILL Gabriel Aubry is understandably down about his five-year relationship with Halle Berry coming to an end.

"I am sad to say that Halle and I have decided together to separate at this time," the Canadian model said in a statement.

Meanwhile, sources tell People magazine that it was Berry who decided to end things.

"She kicked him out months ago because he wasn't able to pull his weight in the relationship and she wanted to move on," a source says.

METRO WORLD NEWS

Madonna still loves her Jesus

WONDER HOW HER FRIENDS IN KABBALAH FEEL ABOUT THAT Despite rumours that she'd moved on to a younger model, Madonna and Jesus Luz seem very much together, according to sources who spotted them at the Tribeca Film Festival.

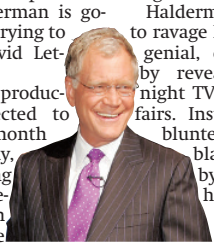
The pair appeared cozy while relaxing in the green room at the premiere of "Please Give" at the Tribeca Performing Arts Center. "He was gazing up at Madonna adoringly," a source tells Page Six of Luz

METRO WORLD NEWS

Letterman producer off to jail

DAVE ALWAYS LAUGHS LAST Former CBS producer Robert Halderman is going to jail for trying to blackmail David Letterman.

The former producer was expected to start his six-month term yesterday, after admitting to the shakedown plot in March. He pleaded guilty to attempted grand larceny.



Halderman threatened to ravage Letterman's congenial, clean-cut image by revealing the late-night TV icon's office affairs. Instead, Letterman blunted the $2 million blackmail threat by confessing on his show.

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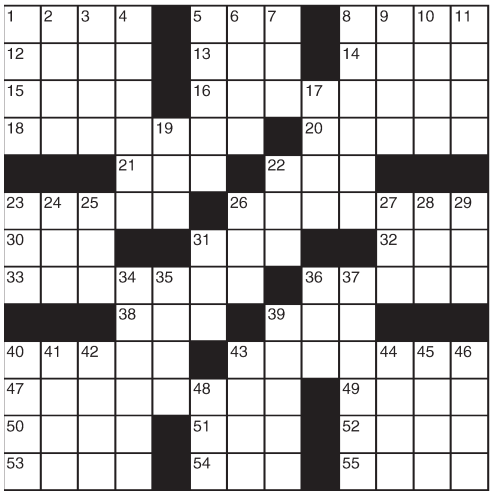
Today Rain 3 C / 1 C
Wednesday Partly Cloudy 4 C / -3 C
Thursday Partly Cloudy 7 C / -4 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					2			4
9		5			4	3		
	1						2	7
		1		5				8
			3		1			
6				4		9		
1	4						3	
		3	6			2		1
8			4					

ACROSS

1 Use a teaspoon
5 G8 member
8 Church section
12 Last few notes
13 Fresh
14 Ring out
15 Quite enthusiastic
16 "Arena" for rough estimates
18 Teen at a shopping center, often
20 Haven
21 Melody
22 Unhealthy
23 Pollster's find
26 Corridor
30 Lemieux milieu
31 Old English double-U
32 Time of your life?
33 Roadside emergency phone
36 "Nonsense!"
38 Diving bird
39 Baby food
40 Oodles
43 Patsy
47 Yarn
49 Facility
50 Chills and fever
51 Meadow
52 Still
53 Jewels
54 Grain bristle
55 Untouchable Eliot

DOWN

1 Con game
2 Frat party garment
3 "American —"
4 Loose overcoat
5 Release a deadbolt
6 Membership
7 Puncturing tool
8 Horrify
9 Carrots' partners
10 Ganges wrap
11 Antlered critters
17 Lounge about
19 Disencumber
22 Actor McKellen
23 First X or O?
24 Nipper's employer
25 Slithery fish
26 Whammy
27 "Do — Diddy Diddy"
28 Khan title
29 Evergreen type
31 Moo goo gai pan pan
34 Punch bowls' accessories
35 Bankrupt
36 Chum
37 Blood-filtering organ
39 Hymn of praise
40 Men-only
41 Zoo structure
42 Astringent
43 Took to the skies
44 Donated
45 Works with
46 Longings
48 Carte lead-in

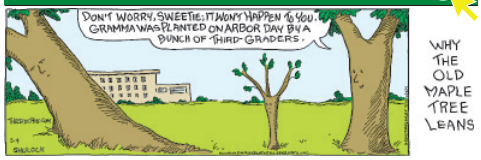
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	E	G	O	■	H	M	S	■	W	H	I	P
L	I	A	R	■	Y	O	O	■	A	E	R	O
A	R	I	D	■	D	E	F	E	N	D	E	R
V	E	N	E	E	R	■	A	R	I	O	S	E
■	■	■	A	T	A	T	■	A	N	N	■	■
D	E	F	L	A	T	E	S	■	G	I	L	L
U	S	A	■	S	E	P	O	Y	■	S	E	A
E	P	I	C	■	D	E	F	E	A	T	E	D
■	■	T	E	C	■	E	T	A	L	■	■	■
A	S	H	R	A	M	■	S	H	L	O	C	K
D	E	F	I	N	I	T	E	■	E	V	A	N
E	M	U	S	■	N	I	L	■	G	A	P	E
N	I	L	E	■	T	E	L	■	E	L	S	E

6	4	9	1	7	8	3	5	2
8	3	7	5	2	9	1	6	4
2	5	1	3	6	4	7	9	8
1	8	4	7	5	3	6	2	9
7	2	5	9	1	6	8	4	3
9	6	3	8	4	2	5	1	7
3	9	2	6	8	5	4	7	1
4	1	6	2	3	7	9	8	5
5	7	8	4	9	1	2	3	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Spicy Lamb Stew with Couscous

INGREDIENTS:
1 boneless leg of lamb, cubed
1 small onion, chopped
2 cloves garlic, chopped
1/2 tsp cayenne pepper
1 cinnamon stick, broken in half
1 tsp ground ginger
1 tsp paprika
1/4 tsp crumbled saffron threads
3/4 cup dried apricots, quartered
1 cup chopped carrots
1 cup chopped zucchini
2 tomatoes, chopped
3 tbsp chopped cilantro
3 tbsp chopped fresh parsley
1 1/2 cups couscous

METHOD:
1. In large pot, combine lamb, onion, garlic, cayenne pepper, cinnamon, ginger, paprika, saffron, and salt and pepper to taste. Add enough water to cover and simmer mixture, covered, 1 hour 30 minutes.
2. Add apricots, carrots, zucchini, tomatoes, 2 tbsp cilantro and 2 tbsp parsley and simmer, covered, 15 minutes.
3. Meanwhile, put couscous in bowl, just cover with cold water it and let stand 5 minutes to absorb liquid.
4. Transfer couscous to sieve: steam over stew until warm, about 15 minutes. Fluff with fork and add salt to taste.
5. Spoon couscous onto serving dish. Using slotted spoon, top couscous with lamb and vegetables and sprinkle with remaining cilantro and parsley. Serve cooking liquid on side as sauce.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
As usual you have said too much and as usual you don't care. Anyone who expects an Aries to keep their opinions to themselves is in for a very long wait.

TAURUS ♉
APRIL 21-MAY 21
Something that has been causing you a great deal of confusion will become crystal clear at some point today.

GEMINI ♊
MAY 22-JUNE 21
It might be wise to keep your thoughts to yourself today, especially if they are the sort that are likely to start arguments.

CANCER ♋
JUNE 22-JULY 22
If you believe that you can do something then you will get it done. If you believe that you can't do something then no amount of effort will work.

LEO ♌
JULY 23-AUG 23
You may not be happy with the direction your life is moving but don't worry about it to such an extent that you risk making yourself ill.

VIRGO ♍
AUG 24-SEPT 22
Someone is talking behind your back and trying to damage your reputation. So what do you do about it? Pretend they don't exist.

LIBRA ♎
SEPT 23-OCT 23
This is not a day for rash decisions, even though your head may be full of good ideas. If they are that good they will wait for another day.

SCORPIO ♏
OCT 24-NOV 22
You will make a big impression today, but will it be a good one or a bad one? Think long and hard about what you intend to say.

SAGITTARIUS ♐
NOV 23-DEC 21
What looks important now will seem totally insignificant later in the month, so try not to worry about it. Relax. Give your mind permission to roam.

CAPRICORN ♑
DEC 22-JAN 20
A problem you have spent hours, days, even weeks trying to solve will sort itself out without any input from you.

AQUARIUS ♒
JAN 21-FEB 18
Your temper will ignite today, but although you may have good reason to be angry you know it's not going to solve anything, so why bother?

PISCES ♓
FEB 19-MARCH 20
There is a great deal of energy in your chart at the moment but you need to find ways to release it constructively.

This day in history

1626: Dutch explorer Peter Minuit arrives in New Netherland (present day Manhattan Island).
1814: Emperor Napoleon I of France arrives at Portoferraio on the island of Elba to begin his exile.
1904: The United States begins construction of the Panama Canal.
1910: The Royal Canadian Navy is created.
1953: Ernest Hemingway is awarded the Pulitzer Prize for The Old Man and the Sea.
1979: Margaret Thatcher becomes the first female Prime Minister of the United Kingdom.

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